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U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
April 7, 1945

IN THIS ISSUE

- MEALS ON A FLYING SCHEDULE.....Here's how the boys who fly our fighting planes are fed...with a view to easy digestibility at high altitudes.
- COMMON DENOMINATOR.....A few new notes on the fat salvage program...it's important that every housewife in the country save all she can...and when she does...it comes back to her in any number of every-day commodities.
- THE LAY OF THE LAND.....Your listeners may want some Victory Garden information, now...and here are some of the answers you can give them on where to get accurate and localized data.
- JARFUL JARGON.....Home canning is one of the most vital ways a housewife can help make the food supply stretch. And in doing so, she not only helps to ease the burden of commercial growers and packers, but her family gets the benefit of economical and nutritious meals.
- CAP ON THE MILK BOTTLE.....The season of flush milk production is arriving...and here are some of the outlets for the supply.

US Department of Agriculture

Food Distribution Administration

MEALS ON A FLYING SCHEDULE

Some homemakers may think they're up in the air when it comes to meal planning. But this family job is a down to earth proposition compared with the planning done by cooks and food managers who prepare the meals for our aviators. Air Quartermaster chefs must think in terms of "up in the air". Scheduling meals for the Army Air Forces requires a knowledge of good nutrition, plus the ability to adapt those rules to high altitude flying.

What our aviators eat may affect the success of a flying mission. Unless all the men are able to work at peak efficiency, the safety of the crew is endangered. At high altitude, digestive processes are slowed down by decreased oxygen pressure, by cold and even nervous tension. So the men must get carefully selected diets before and during flights.

The Air Quartermaster in Washington has worked out special menus which are followed by cooks in the field kitchens where our Air Forces are located. Carbohydrates...the starch and sugar foods...form a dominant part of pre-flight and in-flight meals. These foods digest rapidly and easily and make energy quickly available. Bread, potatoes, noodles, spaghetti and macaroni are favorites. Sugar is obtained in desserts...cakes, cookies and puddings...jams and jellies.

Vegetables for air-borne meals must be well-cooked. When the cells are broken down by cooking, the vegetables are more easily digested. Ones in popular use are carrots, string beans, tomatoes, squash, sweet potatoes, peas and spinach. The bulky vegetables with a large percentage of cellulose...such as cabbage and Brussel sprouts... are avoided in excessive quantities for flight meals. But of course, the aviators can have them when they return to base.

No "slow-digesting" foods

Other foods generally avoided for those air-borne dinners are fats and proteins. Fatty foods are slow to digest. Protein foods, too have "staying" qualities and are used sparingly. However, some meat, fish, poultry, eggs or milk are included to make the meal more attractive and palatable.

Fruits are preferred in canned or stewed form. Raw fruits with a high fibre content are off the list of high-altitude foods. Plenty of drinking water and liquids are on the "must" list. Any deficiency in the diet is made up when aviators return from a flight. It's not necessary, and sometimes not practical to reach a balance with every meal, but the balance during the over-all period.... such as an entire day...is always adequate for our flying men.

As for the preparation of those meals...when a mission is scheduled, the flight field kitchen is called. The food manager is given the number of meals required and the time when the food will be picked up. Since food that goes on flight must be of peak quality, it's usually not prepared more than two hours ahead of flight time. It's packed in insulated, immaculately clean cabinets. These cabinets, or food warmers, are 17 inches square by 11 inches deep. Each holds enough food and hot drinks for six men. In the top drawer of the cabinet are stored silverware and foods that are to be eaten cold...sandwiches, fruit, cake. The rest of the cabinet is electrically heated. The upper section of the heated compartment holds six 1-pint beverage cups for coffee or hot drinks and six 1-pint cups for soup. The lower half contain six partitioned food trays... And here's a sample menu...tomato soup, swiss steak, potato cakes, buttered peas, rolls, apple cobbler and coffee.

COMMON DENOMINATOR

"Wax the floors this morning? Did Johnny take his vitamins before he went to the store for the fly paper?" Those could be quite ordinary questions in the minds of a number of your listeners on any springtime housekeeping day.

"Polish the silverware. Sharpen a lead pencil. Get some water colors for the youngsters. Wonder if the man is coming to repair that chipped place in the sink?" Nothing exciting about things like that...but...whether you are surprised or not...every one of the items we have mentioned does have something in common. And that something is so close to home that folks just do it as a matter of course or (we hate to say so) overlook it completely.

What we're driving at is that everyone of the items we mentioned....floor wax, vitamins...fly paper, silver polish, lead pencils, water colors, enamel cement and many, many more require fat, or its by-products in manufacture. Yes, even vitamin capsules contain nicotinic acid and the capsules themselves are made from a fat by-product, too. All this is a round about way of stressing the importance of household salvage of fats.

Our peace time sources have been cut off by the war in the Pacific, so we must make up our deficit here at home. Home needs are small compared to requirements for fats and oils in the prosecution of the war. Explosives, vaccines, industrial and domestic soaps, and even the drawing of highly strategic copper wire and shell casings are dependent on a product which can be furnished right from your listeners' kitchens. And while we're on the subject, it's good to bear in mind that no practical homemaker is going to overlook the four cents and two red ration points she can get from her grocer for every pound of salvaged fat she delivers to him.

THE LAY OF THE LAND

You can get a slant on what gardeners are interested in these days from the questions pouring in to Victory Garden Headquarters in Washington, D. C.

"Give me land..." seems to be the theme song of many gardeners now. And Victory Garden Headquarters refers these gardeners to local Victory garden chairmen; to local radio programs on gardening and to garden pages of local newspapers. Many cities have a Victory garden center...an office of volunteer or city employed workers, to put would-be gardeners in touch with vacant plots. Maybe there's such a headquarters in your city. If there is, it would be helpful if you would tell your listeners about it. If not, and your area needs such a service, maybe you can lend a hand to start one.

What's the right time to plant tomatoes or beans or corn? This depends entirely on the locale. Judging from the questions coming in, your listeners'll like to hear you say: "This is a fine time to put out those tomato plants, etc." Or perhaps a word of warning such as: "Don't be fooled by the early spring weather we've had. Be sure the danger of killing frost is past before setting out tender plants such as tomatoes and peppers." Information about when-to-plant-what can be had from experienced gardeners in your area, or from the State College of Agriculture's garden bulletin. "How much fertilizer do I need for a small garden?" That's only one question about fertilizing. The answers to questions like this vary in different parts of the country. Here again you can get the answers for your locality from the garden bulletin of your State Agricultural College or from the local Victory garden leader in your town.

JARFUL JARGON

If you've wondered about home food preservation in 1945..."There will be a need for every garden and for all of the home canning that can be done this year. That's WFA's Judge Marvin Jones speaking. And Judge Jones goes on to say, "These twin projects in the home will help relieve the problem of inadequate labor for production and for processing and will help relieve the burden of wartime transportation. The surest way to guarantee a full supply of fruits and vegetables for home use is to grow a garden and do as much home canning as possible."

Last year, seven out of every ten households in the nation...or about 24,800,000 households preserved fruits and vegetables, according to a survey made by the Bureau of Agricultural Economics. In all, these households put up a total of almost three and half billion quarts. And that home-canned food accounted for nearly half the canned vegetables, and for two-thirds of the canned fruits that made up our total civilian supply of canned goods. Thanks to home canners, there was more food not only for the people at home, but also for our armed forces and our allies.

This year, the need for home food preservation is even greater than it was in 1944. The supply of commercially canned fruits and vegetables available to civilians is less than at any time during the war. Even after the war in Europe is over, the demand for canned foodstuffs will continue to be great. WFA will continue to set-aside part of the commercial pack to meet military requirements on the Pacific front. That's why home canning is one of the most important wartime programs on the 1945 home front. It's up to the home canner to help fill the gap between supply and demand. Home canners are asked to do an even better job than they did in 1944.

The BAE survey shows that about the same number of home canners who preserved food in 1944 will do so again in 1945. In addition, there's a sizeable group of people who are undecided whether to put up any foods at home. An increase in home canning will depend on this group. If these women realize the urgent need, we know what their decision will be. You can help by telling your listeners how very important it is that they do their part in the home food preservation program this year.

SOME SPRING SHOOTING

Favorable spring weather is inspiring the asparagus perennial to do a bit of early shooting. You know, it's not the fruit of the asparagus that is eaten... but the young shoots which come from the fleshy root. The root is a perennial and it throws out fresh stalks from eyes...rather like the eyes of a potato.

Ordinarily most of the asparagus on the nation's markets this early would be from California, which produces over half of the country's commercial crop, and April is one of the peak months for shipments. This year because of balmy spring days in the Atlantic Coast states, South Carolina, Georgia, New Jersey and Pennsylvania have started their asparagus to market much earlier. Normally, April is the big month for South Carolina and Georgia asparagus with New Jersey and Pennsylvania active in May. This earlier start in New Jersey and Pennsylvania will provide a longer season for asparagus if growing weather continues favorable. During May and June, producing sections in Illinois, Indiana, Michigan and Ohio provide a large portion of supplies for that territory...with Washington and Oregon then taking care of the Pacific Northwest markets.

CAP ON THE MILK BOTTLE

Even though we're nearing our season of flush milk production, the War Food Administration is going to continue limitations on the amount of milk and cream that may be sold to civilians. These sales quotas will be necessary so that any increase in milk production can be diverted to making more butter, cheese and evaporated milk.

These limitations on fluid milk will not be noticed too much because milk sales are set at an all-time high. You'll remember, fluid milk and cream sales in all major cities of the nation are under quotas. At present, most dairies can deliver 110 percent of the fluid milk they sold in June 1943...a high month for civilian use. Cream sales in most markets are now at 90 percent of the June 1943 base period. If milk and cream sales should increase now over that base period, it would mean a reduction in civilian supplies of manufactured dairy products.

In some areas, of course, during the flush spring milk production period, there may be more milk than local manufacturing plants can handle. If this develops, then the War Food Administration will permit dairies to adjust their milk and cream sales quotas upward during May and June. There are no restrictions on the amount of cottage cheese that can be made.

Here are the figures

If you wonder why sales quotas must be strictly observed, here are some figures. The War Food Administration says that war needs for all dairy products in 1945 will take about 21 billion pounds of milk out of a possible record production of 120 billion pounds. Fluid milk and cream consumption by civilians will probably take another 55 billion pounds. This is 10 billion pounds more milk than was used by civilians in pre-war years. Thus only about 44 billion pounds will be left for all other dairy products as compared with 60 billion pounds used this way in pre-war years.

PEPPERED WORDS

Pepper supplies for 1945 are below those of last year. So this spice will continue under tighter regulation by the War Food Administration.

Our pepper comes from the Netherlands East Indies and India, and of course, the war with Japan has cut off shipments from the N.E.I. While the war has not entirely prevented shipment from India, the exportable quantity of pepper is small and a limited quantity for military use only is to be expected. Fortunately there were large stocks of pepper on hand in this country when the war broke out, and by portioning them out we have been able to meet essential needs for this spice during the last three years.

Distribution is done by spice packers who work under a quarterly quota set up by the War Food Administration. If you've noticed a scarcity of pepper on your grocer's shelves, it's because our inventory supplies have been gradually reduced, and so in turn, have the quotas. During April, May and June, packers are allowed to distribute to civilian channels and food processors only 25 percent of the amount they sold during these same three months in 1941.

CABBAGE AND APPLE DUET

They're a good springtime team...cabbage and apples, whether you serve them hot or cold. And they are both plentiful enough...cabbage in particular, and you'll find plenty of the lower grade apples in the markets. Although the lower grades aren't so attractive, they're very good for salads and cooking - and much cheaper than the fancy grades, too.

Cabbage and apple slaw is a fine spring salad. You make it of equal parts diced apples and finely shredded cabbage, and mix in a salad dressing when it's time to serve. Incidentally, a cream dressing, flavored with a little grated horseradish, goes especially well with this combination. To save time and food value, why not leave the skin on those apples?...And besides, there's nothing like the addition of a little color to any meal.

As for the hot cabbage and apple combination, the home economists in the U.S. Department of Agriculture suggest this casserole dish:

SCALLOPED CABBAGE AND APPLES

About 8 cups of shredded cabbage
About 4 cups of sliced apples
Salt
Sugar
Table fat or drippings
1 cup bread crumbs

In a greased baking dish, place alternate layers of shredded cabbage and sliced apples. Season each layer with a little salt and sugar and dot with table fat or drippings. Over the last layer spread 1 cup of bread crumbs mixed with a little melted table fat. Cover and bake in a moderate oven (350 F.) for 45 minutes, or until cabbage and apples are tender. Toward the last, remove the cover so the bread crumbs can brown. Serves 6.

TRAVEL "ROOTS"

Bunched beets from Texas are still travelling the produce trails of the country in goodly number

Beets are one of the few garden vegetables that can be eaten en toto...leave and root. Originally, only the leaves were eaten as "greens", but as the result of gradual cultivation, the size and sweetness of the roots have been increased. Now, while it's the beet root that is the chief production feature of this crop, the leaves...especially the young tender ones...should not be overlooked. They're a good source of Vitamin A, incidentally.

NO MORE RING AROUND THE YOLK

According to cookery scientists of the U.S. Department of Agriculture, that dark-colored ring which often appears on the outside of the yolk in a hard-cooked egg, is the result of either too much heat or too long cooking. So if eggs are simmered...cooked below the boiling point, for 25 to 30 minutes only, there should be no dark rings around the yolks.

SHREDS OF CARROT

Carrots from Texas and California are in the bumper crop list right now. Besides their abundant amounts of vitamin A, carrots are also a fairly good source of niacin, riboflavin, calcium and iron. The increased popularity of carrots in the last few years might well be justified by nutritive value alone.

For variety in serving, you might wish to tell your listeners to cook the carrots with the outside leaves of celery. And shredded carrots and cabbage make a simple salad that's in season throughout the year. But stress shredding these vegetables as near serving time as possible to conserve food value...especially vitamin C.

CARROT COOKING

Here are some suggestions for cooking carrots offered by home economists in the U.S. Department of Agriculture...if your listeners follow these hints, they will be sure of getting the most of vitamins, minerals and flavor from cooked carrots.

If carrots are peeled, peel thin, or scrape no more than skin deep. Young tender carrots may not need to be peeled at all.

Young carrots need only enough water to prevent their sticking to the pan...older ones need enough water to cover.

The water should be boiling before the carrots are put in. If the water is salted, the proportion should be about a teaspoon of salt to each quart of water.

The pan should be covered, not only to conserve vitamins, but to speed cooking and save fuel.

Carrots should be cooked only until tender...young ones take from 15 to 20 minutes - older ones, from 20 to 25 minutes. Dicing or slicing shortens the cooking time...but may mean a greater loss of that valuable vitamin C.

Variety in seasoning helps to prevent monotony if carrots are served often. A little lemon juice over the top, chopped parsley, or tender onion sprouts add color and blending flavors. Leftover drippings from meat are good when poured over carrots.

As for left-over carrots, here's a good way to serve them. Saute a little minced green onion, top and all, in some table fat. Add the cooked carrots, and heat thoroughly. Just before removing from the pan, add fresh chopped parsley.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT

DON'T WASTE FOOD

CONSERVE PAPER BAGS AND CARTONS

PLANT A VICTORY GARDEN

CAN ALL YOU CAN

USE RATION POINTS WISELY

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Grapefruit, lemons and oranges
IN MODERATE SUPPLY.....Avocados (high), apples (best at ceiling)
IN LIGHT SUPPLY.....Emperor grapes, Anjou pears, winter Nelis pears,
tangerines
BEST VEGETABLE BUY.....Banana squash
IN MODERATE SUPPLY.....Asparagus, bunched vegetables, carrots, celery, yellow
onions, peas, rutabagas, white summer and Italian squash
(slightly higher), bell peppers
IN LIGHT SUPPLY.....Cauliflower (slightly higher), artichokes, broccoli and
Brussels sprouts (high), potatoes, white onions, sweet
potatoes, rhubarb (high), eggplant (high)

San Francisco

BEST FRUIT BUY.....Grapefruit
IN MODERATE SUPPLY.....Small size oranges and lemons (higher)
IN LIGHT SUPPLY.....Pineapples (slightly lower), apples
BEST VEGETABLE BUYS.....Asparagus, rhubarb, carrots
IN MODERATE SUPPLY.....Peas and tomatoes (lower), cabbage, squash
IN LIGHT SUPPLY.....Cauliflower

Portland

BEST FRUIT BUYS.....Navel oranges, Arizona grapefruit
IN MODERATE SUPPLY.....Lemons
IN LIGHT SUPPLY.....Strawberries, Arizona Valencia oranges
BEST VEGETABLE BUY.....Cabbage, carrots, cauliflower, yellow onions
IN MODERATE SUPPLY.....Lettuce (lower), celery, green onions, beets, turnips,
asparagus (still high), zucchini squash, peppers, spinach
IN LIGHT SUPPLY.....Eggplant

Seattle

BEST FRUIT BUY.....Small oranges (below ceiling)
IN MODERATE SUPPLY.....Apples, grapefruit, lemons
IN LIGHT SUPPLY.....Avocados (high), few fresh pineapples
BEST VEGETABLE BUYS.....Asparagus, zucchini, summer squash, homegrown spinach,
cabbage
IN MODERATE SUPPLY.....Cauliflower and celery (slightly lower), dry onions,
rhubarb, tomatoes, banana squash, sweet potatoes, new
potatoes (just arriving), carrots, beets, turnips,
rutabagas
IN LIGHT SUPPLY.....Lettuce, peas, old crop No.1 potatoes

New items in the markets: Local green onions, hothouse cucumbers (high)



Radio Round-up on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
April 14, 1945

I N T H I S I S S U E

- APRIL CROPS UP.....From the monthly report on the crop situation, it looks as though we'll have better crops than were predicted a month ago.
- BEING GAME WITH TURKEY.....There won't be many turkeys on the markets from now until Thanksgiving...the Armed Forces are doing their buying early to take advantage of the season.
- RICE SHARES.....We civilians won't have as much rice as we did last year...the reason?...we must help relieve food shortages in liberated areas, and rice is a basic food in the Philippines and other Pacific localities.
- MEALS WITH MILEAGE.....A billion pounds of food...enough to fill a string of box cars from New York to Washington, D. C..... will have been eaten by American school kids by June...under the WFA's School Lunch Program
- WAXY FACTS.....Tapioca was used for many things besides puddings...and since our exports have been cut off, waxy corn and waxy sorghum have taken its place in industry.

US Department of Agriculture
Food Distribution Administration

APRIL CROPS UP

National crop prospects are better right now than they were a month ago, according to the monthly report of the USDA Bureau of Agricultural Economics.

The 1944-45 orange crop is estimated to reach a record of almost 107 million boxes, 4 percent more than last year and 25 percent larger than the 1942-43 crop. Of this total, 43 percent will be early and mid-season varieties and 57 percent Valencias. In Florida right now the demand for all citrus fruits continues keen between processing plants and fresh fruit markets.

As for other fruits, April 1 prospects were good across the country. In the ten southern early peach states, blooms were two to three weeks earlier than usual and the set of fruit exceptionally heavy. Frost between April 1 and 7 caused some damage...the extent is not known as yet. The unusually warm spring weather nearly everywhere east of the Rockies brought plum and cherry trees into full bloom as far north as the fruit sections of southwestern Michigan. Here again, frost damage since April 1 has been variable according to elevation and other geographical features.

The hens and the cows stepped up production

With the early spring, both milk and egg production appear to have averaged higher during March than at the same season in any previous year. It's interesting to note that the increase was in yield per cow and hen rather than an increase in the herd or flock size. As stocks of feed grain and wheat on farms are at high levels, production of livestock and livestock products should continue heavy. The winter wheat crop is now estimated at 863 million bushels... the largest ever in prospect.

Butter, cheese and evaporated milk supplies for civilians will be about the same during April, May and June as they were the past three months. Even though milk production is now nearing the flush season and more of these dairy products will be manufactured, larger war requirements for them will balance the increase in production.

The 2nd quarterly allocation is here

Why be specific about the three-month period? Well, April through June is the second quarter in our food "allocation" or food portioning-out system. When our food supplies were large in relation to demand, we went along knowing all requirements could be met. But with wartime demands much larger than supplies, it became necessary to budget our food distribution. Now, allocations are tentatively made for a year by the War Food Administration, giving first consideration to essential food requirements of the armed forces of the United States. The allocations also assure the home folks adequate diets. Food requirements of the armed forces and civilians of our allies are met as far as shipping facilities and our supplies will permit. Since changes may be needed as military, supply, shipping and other conditions require, allocations on each of our foods are made "firm" every three months.

Flush milk season arriving

The creamery butter allocation for this period will be slightly smaller than in the first quarter. While there will be more farm butter produced, it is generally consumed locally and won't increase urban supplies. Creamery butter production, while showing some seasonal increase, is lower this spring than in any spring for the past 15 years...largely because there are such urgent requirements for whole milk in the manufacture of cheese, dried, evaporated and condensed milk. Of the smaller quantity that will be produced, war agencies...principally the military...must take a larger share..

The allocation of evaporated milk for civilians will be the same during the second quarter of 1945 as in the first. However, civilians received more evaporated milk than was allocated for the January through March period...in part because of substantial increases in production. Now, if non-civilian claimants take all but the amount allocated to civilians this quarter, the quantity for civilians may be smaller than in the three months just past.

The government will be buying more cheddar cheese for the next three months. But because production is increasing seasonally, civilian supplies are expected to be the same as for the past three months.

Civilian supplies of fluid milk and cream, cottage cheese and ice cream are not formally allocated. The very perishable nature of these dairy products takes them out of the food groups that can be shipped abroad. So with the flush milk season approaching, civilian supplies of these foods are going up this quarter. In fact, we may expect even more of these products than we had during the same period last year.

BEING GAME WITH TURKEY

Homemakers will not find many turkeys on the market from now on until Thanksgiving. All turkeys marketed in the principal producing states are being set aside for purchase by the armed forces...largely for holiday meals. Though it might seem a bit early to be shopping for Thanksgiving, Christmas and New Year's dinners, our Quartermaster Corps has to take advantage of supplies in season.

In the months of April, May and June, poultry producers market hen turkeys. These hen turkeys are chiefly bought by restaurants and hotels. It seems that most home cooks associate turkey with the holiday season and their purchases of this traditional bird drop off in January. So if you notice turkey less frequently now on restaurant menus, you'll know buyers for the army, navy, marine corps and other branches of the armed services are filling some of their requirements early. These turkeys can be on their way to distant battle fields in plenty of time for the holidays and for use in rest camps and hospitals if needed. Army camps and hospitals in this country will be supplied with turkeys purchased from the new crop which starts to market in mid-August or early September.

The armed forces are going to need more turkey this year than last. To offset this, however, current estimates point to a record production of 515 million pounds of turkey compared with 507 million pounds in 1944. So after all military needs are met and turkeys can be released into civilian markets later this year, the folks at home should have an average of 3 and 1/3 pounds per person in 1945. Civilians consumed a little over 3 pounds per person last year.

RICE SHARES

Before you broadcasters give out any suggestions for rice puddings, or perhaps rice with creamed vegetables, you may want to check on rice supplies in your locality. The amount of rice that will be distributed to U.S. civilians for the current three months is less than in the three months just past. The War Food Administration says that on a per capita basis for the whole year civilian supplies will average a little over 4 pounds in comparison with about 6 pounds in 1944.

The reason for the cut is the urgent need for more rice in the liberated areas, such as the Philippines. The Japanese are occupying far eastern territory, which before the war produced 90 percent of the rice entering world trade markets. This has meant shortages for the United Nations...shortages becoming more pressing as new territories, which used to depend on the Far East for their imports, are liberated. The production of rice this year from all areas open to the United Nations is about the same as last year. On the other hand the liberation of new territories in Europe and the Far East has increased requirements. So civilians in the United States and in the United Kingdom will take a cut in their rice share to help relieve food shortages in the liberated areas. Rice is basic in the diet of the people in the Philippines and other Pacific areas, and there are no substitutes for rice which are acceptable to these people.

MEALS WITH MILEAGE

A billion pounds of food...that's the amount the school kids of this nation will have eaten by June under War Food Administration's School Lunch Program for this year. If your listeners find it hard to visualize a billion pounds of food, you might tell them it's enough to fill a string of box cars stretching from New York to Washington, D. C.

What's more, that's a billion pounds of food produced by American farmers and handled by American tradespeople. Some of it included "emergency" foods that had to be marketed fast to avoid waste. For example, many of the hurricane apples that threatened to glut the markets last fall after the hurricane swept the Atlantic Seaboard were moved through the School Lunch Program to hungry youngsters. The program used, among other things, plentiful onions from the North and West, southern sweet potatoes in abundance, thousands of bushels of snap beans, many of them canned at community centers for wintertime school lunches.

Despite the sizeable food figure, WFA estimates there are still millions of youngsters who need hot lunches at school, some of them kids whose whole lunch consists of popcorn or pickles or sweets and pop or a favorite food that doesn't give the youngster the nutrition he needs, however good it is by itself.

Under the present set-up, WFA will underwrite a School Lunch Program up to nine cents for each lunch, depending on the type of lunch the school serves. Always the school lunch is a community project, sponsored by civic organizations PTA's, American Legion Groups, Rotary and Kiwanis Clubs, and the like.

If any of your listeners are interested in the details of the School Lunch Program, suggest that they write to War Food Administration, Washington 25, D. C.

WAXY FACTS

The case of the disappearing tapioca pudding has been explained by a sharp cut in our tapioca imports and by the rise in industrial uses of the starch. But even though your listeners have given up tapioca, our present imports of the starch still don't give a supply large enough to meet all the essential requirements for it.

Some of the demands that were once filled by tapioca are now being filled by waxy starches. In case you hear more about these waxy starches, perhaps you'd like to have a little background information on them. It's a story of research and plant breeding.

Much of the stickum on the backs of stamps and other industrial products that was made from tapioca isn't any more. It's made with a starch from waxy corn. Plant breeders of the Agricultural Research Administration USDA, working with the Iowa State Experiment Station, developed the waxy corn--a hybrid--several years ago. When the squeeze came on tapioca imports after Pearl Harbor, they rushed up normal harvests to get plant seed of this waxy corn. It's expected that this year will see production of enough waxy corn for all requirements for adhesives, for stamps and other industrial purposes, including war uses.

Starch from waxy sorghum, too

And perhaps you've been wondering how bakers still get that firm consistency in their fruit pie fillings without using a flour base. Chances are, that's not tapioca. It could be gotten with a starch made from waxy sorghum. The waxy sorghum was developed by USDA plant breeders in cooperation with the Kansas Experiment Station. This was also before the war. Four years ago, there were only 20 pounds of this sorghum seed. But last year, 32 million pounds of it were available for processing. The starch made from sorghum goes largely to the food industry to fill gaps left by our short tapioca supplies.

IT'S ALL DRY

In the dry-mix and dehydrated soup line, chicken noodle and vegetable noodle are the two best selling types on the market now.

These quick preparation foods are on the plentiful supply list. The family cook only needs to add water and then simmer the soup for a few minutes. Either water or milk may be added to dehydrated pea soup.

Since dry-mix soups have a limited shelf-life, the more progressive companies relieve their distributors of old stocks in exchange for a continuous supply of fresh soup. These companies also try to see that their dry-mix soups are packaged in small enough containers that will permit the contents to be consumed without delay once they have been opened.

FOOD NOTES FROM THE ANCIENTS

ONIONS.....During Medieval times an interesting myth originated about onions. It seems that the onion was sacred to Saint Francis, so during certain festivals, it was the custom for the person representing St. Francis to give an onion to every young maiden. Each young girl was supposed to cut the onion while whispering the name of the man she hoped to marry. Then if she dreamed of a wedding that night, all would go well.

TREES OF MEMORIES

During coming months...every community in the country will be discussing war memorials. As you've probably noticed...there's a trend toward living memorials. And one idea that's gaining in popularity is that of a community forest as a memorial to the war dead.

Many communities have already made plans for their memorial forests. These arrangements vary widely because they are fitted to local conditions and some are adaptations of the forest idea. For example, New Jersey garden clubs plan to set out Dogwood trees on the roadsides. A 12-acre grove of Redwood trees will be the war memorial of one California community.

Reports of the plans and a growing number of requests for information on community forests are coming to the Forest Service, U.S. Department of Agriculture Club and civic leaders are asking about procedure in buying land...and the need for special local ordinances...the expense of management, upkeep and protection of such forests. They want to know what species of trees are best adapted...where to get seedling trees...when to plant.

For a program on community forests as war memorials, you can get much information from your state forester, extension and local farm foresters, and the county agricultural agent.

In addition you may want a complete list of suggestions for the establishment and maintenance of a community forest. You may get a copy of the list free by writing Forest Service, U.S. Department of Agriculture, Washington 25, D.C. Or by writing the Regional Forest Service office at: Federal Building, Missoula, Montana; Forest Service Building, Ogden, Utah; Post Office Building, Portland, Oregon; New Appraisers Building, San Francisco, California

BATTLING THE BUGS

The snag most home gardeners got caught on last year was bugs, according to a garden poll taken by the United States Department of Agriculture, Bureau of Agricultural Economics. Chances are these insects-----ants, aphids, bean beetles, flea beetles, cutworms, leafhoppers-----will be the number one trouble spot again this year. But they can be beaten if the gardener starts early and stays in the fight to the very end.

Broadcasters are in a position to render real service to gardeners by telling them where to get the best information on bug-battle tactics. One place you can direct them is to your State Agricultural College for its bulletin on garden insects. Another is the U.S. Department of Agriculture, Washington 25, D.C. for a Victory gardener's handbook of insects and diseases, M.P. NO.525.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT DON'T WASTE FOOD CONSERVE PAPER BAGS AND CARTONS

PLANT A VICTORY GARDEN CAN ALL YOU CAN USE RATION POINTS WISELY

GREASE FOR THE WHEELS OF VICTORY

Many of your broadcasters may have seen a copy of the Spot Announcements sent to the radio stations throughout the country on the Fat Salvage Program. But just in case you missed them, here are a few short items you might like to work into your regular broadcasts:

Ladies, maybe you know this lad. He's a jungle fighter. Down there in the hot, steamy forest, he has to fight insects - as vicious as the Japs. But, listen ladies...thanks in part to your used kitchen fats, the army provides this lad with a powerful repellent to protect him against disease-carrying insects. Makes you feel good, doesn't it...to know how your used kitchen fat is helping to save lives and ease pain on the battlefield? Your kitchen fat goes into making scores of vital war supplies for the battlefield and homefront...such as soaps, paints, munitions and life-saving medicines. It's grease for the wheels of Victory. And remember, ladies, you get two red ration points plus four cents a pound for your used kitchen fat. Rescue every drop you can...and sell it to your butcher. It's desperately needed!

Ladies, it's a very simple problem. YOU want more red points; Uncle Sam wants more household fat. Okay! Then save and sell your extra cooking fat.... and GET those extra red points. Your butcher pays you two red ration tokens, plus four cents a pound for your used fats. That used fat goes into the making of scores of vital war supplies for the battlefield and the homefront...Military medicines, munitions, paints, textiles...soaps. Save every drop of used fat... it helps grease the wheels of victory, and you get two points, plus four cents for every pound.

Lady, WHY do you throw away those red ration points? Yes, those little red tokens you use for meat, cheese and canned fish. You are throwing away good red points when you don't save every drop of used cooking fat. Uncle Sam needs your cooking fat to help make munitions, military medicines, soaps and hundreds of other homefront and battlefield items. And YOU need the red points. So fill a tin and turn it in...your butcher will give you two red points plus four cents for every pound of used cooking fat.

Homemakers! Today a division of American soldiers may be halted on a German river bank. Ordinary kitchen fats are a vital material in the pontoon bridge that could take them across and deeper into Germany. The Army needs every drop of your used kitchen fats. And you get four cents and two red points for each pound from your butcher. It's your duty to save fat...redouble your efforts today!

Ladies, this morning a boy was badly burned on the battlefield. And the doctor applied TANNIC ACID to his burns. TANNIC ACID is just one of the many military medicines which your household fat helps to make. Yes, your waste kitchen fat goes into making scores of vital war supplies for the battlefield and the homefront...including munitions, synthetic rubber, nylons for parachutes, paints and soaps. So don't let up, ladies. Save every drop of used kitchen fat. Remember, you get two precious red points, plus four cents for every pound of fat you sell to your butcher. Fill a tin and turn it in....then fill up another.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Grapefruit, oranges and lemons
IN MODERATE SUPPLY.....Apples (coiling on best grades slightly higher),
tangerines
IN LIGHT SUPPLY.....Bananas, Cuban pineapples, Emperor grapes, Anjou pears
(high), winter Melis pears, few strawberries (ceiling)
BEST VEGETABLE BUY.....banana squash, asparagus
IN MODERATE SUPPLY.....cabbage (higher), rutabagas, lettuce (ceiling),
yellow onions, rhubarb, carrots, tomatoes (higher),
bunched vegetables, artichokes, peas (slightly lower)
IN LIGHT SUPPLY.....celery and cauliflower (higher), potatoes (ceiling),
white onions (ceiling) Italian and white summer squash
(higher), peppers (higher), broccoli (high), eggplant,
sweet potatoes (higher)

San Francisco

BEST FRUIT BUY.....large size grapefruit
IN MODERATE SUPPLY.....apples, lemons, oranges, pears
IN LIGHT SUPPLY.....pineapples
BEST VEGETABLE BUYS.....asparagus, artichokes, onions, rhubarb
IN MODERATE SUPPLY.....cauliflower (slightly higher), celery, tomatoes and
squash (higher)
IN LIGHT SUPPLY.....broccoli (slightly higher), cabbage (high), lettuce
(ceiling), old crop potatoes, some new crop red
potatoes

Portland

BEST FRUIT BUYS.....small size oranges, grapefruit
IN MODERATE SUPPLY.....apples
IN LIGHT SUPPLY.....bananas (10 cars arrived Monday April 16)
BEST VEGETABLE BUYS.....large Spanish type onions, carrots
IN MODERATE SUPPLY.....cabbage, cauliflower, peas
IN LIGHT SUPPLY.....lettuce, spinach and celery (ceiling)

Seattle

BEST FRUIT BUYS.....grapefruit, lemons, small size oranges (considerably
below ceiling)
IN MODERATE SUPPLY.....Apples, avocados (slightly lower)
IN LIGHT SUPPLY.....Cuban pineapples (slightly higher)
BEST VEGETABLE BUYS.....asparagus, Mexico peppers, Texas new potatoes
(small sizes)
IN MODERATE SUPPLY.....cabbage, cauliflower and celery (higher),
broccoli, carrots, spinach, dry onions,
rhubarb, squash, tomatoes, rutabagas,
parsnips
IN LIGHT SUPPLY.....lettuce, peas, old crop potatoes

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Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
April 21, 1945

IN THIS ISSUE

- BOUNTIFUL BIRTHDAY.....Lend-Lease is four years old this week....From the first small shipment, it's grown into a "bridge of ships", supplying our allies with strength to resist the enemy.
- OVER THE COFFEE CUP.....Just in case anyone is wondering about having enough coffee...we're now drinking more than we did before the war...and our supply is ample to meet all needs.
- COUNTER BALANCE.....Here's a review of the meat supply.And even though your listeners can't cook statistics, they will want to know "what cooks" with the meat situation.
- FOR BETTER LIVING.....The world is getting smaller...and housewives all over the world have a chance to benefit from improved agricultural production...and that's where the international FAO comes in.
- CHILD HEALTH --- DAY TO DAY.....May 1 is Child Health Day in America, and here are some ideas for tying it in with your program..

US Department of Agriculture
Food Distribution Administration

BOUNTIFUL BIRTHDAY

Lend-Lease is four years old this week. It was born on April 29, 1941, when actual shipping operations got under way to supply aid to our Allies. Just about one month later, a blacked-out British freighter, the Egyptian Prince, dropped anchor at the Tilbury Docks in London with the first Lend-Lease supplies to reach one of the United Nations. Your listeners will be interested in the following report on the event as it appeared in the Manchester Guardian.

"No cheering crowds welcomed the first consignment of 'Lend-Lease' food which reached a British port today. Only Lord Wooten (British Food Administrator) and Mr. Harriman, the United States Defense Expeditor, photographers, and reporters saw the first boxes of eggs and cheese being unloaded. There were four million eggs from Minnesota and Nebraska and 120 thousand pounds of cheese. The cheese was Wisconsin 'cheddar' only six weeks old, but Lord Wooten, who tasted it, said it was 'darned good.' Lord Wooten ate so much cheese for photographers and the newsreel men that a woman reporter said anxiously, 'he's apt to make himself sick.' But he was still smiling happily when he left. The dockers sampled the cut cheese heartily. One of them toasted Lord Wooten with 'your good 'elf, me Lord,' and 240 of them went off with a 20-pound cheese between them -- a present from the Ministry of Food."

Thus the first Lend-Lease shipment of food was carried out four years ago with drama and dispatch after a 72-hour notice that the Egyptian Prince was in New York harbor and had the precious cargo space available. She got through to bomb-pummelled and submarine-encircled England with 210 long tons of eggs and cheese.

Since that time the "bridge of ships" has grown into a steady stream of vitally-needed food for those who fight by our side. Today, some eleven nations in addition to the United Kingdom receive Lend-Lease aid from the United States. Although the actual quantities of food shipped overseas for Lend-Lease represent a small part of our food production, they have proved to be the difference between bare subsistence and the strength to resist the enemy in many lands. And lest we forget, the plan for Lend-Lease has worked in our favor, too. Many of the United Nations have been able to supply our soldiers, sailors and marines when they were in such far-away countries as New Zealand, Australia and, for some commodities, England herself.

OVER THE COFFEE CUP

Coffee ranks high as a morale food, though it makes no contribution to the nutritional side of the diet (with the possible exception of niacin). Because coffee has a definite place in the American menu, it's good news to know that our supply of this beverage is ample to meet all needs...both civilian and military. Not only do we have stocks on hand to carry us over for several months, but substantial quantities are purchased and ready for shipment in the 14 producing countries of this hemisphere.

What's more, we're now drinking more coffee than we did in pre-war years. Consumption has been rising steadily over the past decade...from about 12 pounds per person in 1932 to 15 1/2 pounds in 1941. After the United States entered the war, shipping space for coffee was limited; and in 1942 and 43 civilians were restricted to about 13 pounds per capita for each of these years. In 1944 stocks of coffee were again favorable, and civilian purchases reached an all-time high of 16 pounds per capita.

COUNTER BALANCE

Here's a review of the meat situation. Meat supplies will continue short of demand at ceiling prices until the fall when more livestock comes to market seasonally. The present shortage is chiefly due to the 29 percent reduction in hogs as compared with last year's supply. This smaller supply is particularly noticeable because more than half of our meat is pork.

Although cattle marketings are still fairly high, this is the normal low season for cattle slaughter. The same holds true for sheep and lambs. At the same time purchases of meat for war uses have increased. Our armed forces are taking around 10 percent more meat than they did a year ago...about one out of every four pounds.

While the amount of meat for civilians is limited, veal will be one of the more available meats during the next few weeks. Spring lamb is also fairly well distributed in the nation's meat markets. Weiners, sausage, and such variety meats as liver, kidneys and meat loaf appear to lead the supply list in most of the large urban centers.

You can't cook statistics, but sometimes a few well chosen facts can go a long way toward giving your listeners the "why" of a particular food situation. Here are some figures on the meat supply that can be understood by everyone. From each 100 pounds of meat produced in the United States, 70 pounds are Federally inspected. Of this 70 pounds, 31 and a half pounds must be set-aside for government purchase for war use. Since only Federally inspected meat can be shipped from one state to another, the set-aside leaves 38 and a half pounds out of every hundred for interstate trade. When we consider that most of our large cities depend to a great extent on these interstate shipments, we begin to realize why their supplies are limited.

Non-Federally inspected meat can move only in state channels, and therefore, is of no help to national distribution, although at times it will result in good supplies in one community while a neighboring town across a state line is experiencing a severe meat shortage. Many of the meat packing plants and slaughter houses now under Federal inspection are not operating to capacity. If more livestock were directed to Federally inspected plants, our total meat supply could move more freely throughout the country.

GIRL WITH A HOE

The March 24 and 31 issues of Roundup carried stories calling attention to the urgent need for 4 million extra workers on farms this year, and giving the background on the Women's Land Army and the Victory Farm Volunteers. Up to now, spring developments on the farm front have not lessened this need. If anything, exceptionally good weather in most sections has intensified it.

There's every reason to continue to do all you can to get town and city people interested in the Women's Land Army and the Victory Farm Volunteers. These two groups represent a very large part of the U.S. Crop Corps. Here are the goal figures again: Three-quarters of a million women; a million and a half boys and girls. U.S. Crop Corps will be scheduled in the OWI "government message" plans during May on the following schedule: Network allocations, week of May 7; station announcements for network affiliates, week of May 21; station announcements for independent stations, week of May 28. Perhaps you can arrange some special feature to give emphasis to the station announcement messages your station will receive.

FOR BETTER LIVING

Whether she lives in Crossroads, Indiana or Calcutta, India...a homemaker is first of all, concerned with the common problems of providing food, clothing and shelter for her family. Her interest in world affairs often stems from these matters.

The proposed United Nations International Organization set up to deal with food and agriculture is the FAO...Food and Agricultural Organization. Because the FAO will have a close bearing on her problems, the homemaker has a special interest in this part of the plan for world security.

To describe FAO's purpose, simply and briefly, economists of the U.S. Department of Agriculture say, "It's to find ways in which food in search of a family -- the thing we call surplus food -- can meet the family in search of food.. at all times in the market places of the world."

FAO will do this: By setting up a council table where representatives of all nations may work out their joint problems in food and agriculture. Technical missions of the best experts may be sent to the countries that want and need them to help solve problems of farm production and economics...to help them improve their marketing methods to speed up the movement of foods to the world markets... and help to improve conditions of farm life everywhere.

Toward world peace and democracy

Perhaps the homemaker in Crossroads would like to know how better farming methods in...say...Timbuktu...may mean more food for her family. But when she stops to think how small the world has become...and how distant markets are now near in time...she sees that her family may derive benefits from improved farm production and more general prosperity in other parts of the world. But the benefits for which women of the world will be most grateful is the contribution FAO can make toward world peace and democracy.

As Secretary Wickard points out, "Low levels of living -- most of all hunger -- are among the chief sources of unrest and strife. Hungry people don't often make wise political decisions or build strong institutions. There can be no real democracy where the bulk of the people are only half fed...to keep the peace, we must make the peace worth keeping. We must do more than strike down open aggression...we must, to the greatest possible extent, remove the cause of discontent, and the conditions that invite aggression."

FAO is one of the foundation stones in the structure for world security. On recommendation of the Hot Springs Conference in May, 1942, the United Nations Interim Commission on food and agriculture has drawn up a proposed charter. Nineteen nations have approved the charter. On March 26, 1945, President Roosevelt recommended that Congress approve our membership. Congressional Committees are studying the measure. FAO will begin to function as soon as 20 nations approve the charter.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT	DON'T WASTE FOOD	CONSERVE PAPER BAGS AND CARTONS
PLANT A VICTORY GARDEN	CAN ALL YOU CAN	USE RATION POINTS WISELY
USE ABUNDANT FOODS OFTEN		

CHILD HEALTH --- DAY TO DAY

May 1 has again been proclaimed Child Health Day in our country. You may want to tie in with your program a few hints on feeding the school age child. Dr. Mary Swartz Rose, one of the great nutrition teachers, held that one year of right feeding in the life of a child was more important than 10 years of right feeding after the age of 40. By that she meant the diet of a growing child lays the foundation for his tomorrows...in physical development and in good food habits.

When a child is well-nourished, every part of his body is receiving the nutrients it needs to function properly. Essential food values are proteins for growth and repair of tissues; fat, starchy foods and simple sweets for fuel; minerals and vitamins for life, growth and well-being; and water to aid in a number of functions of the body.

Nutritionists in the War Food Administration have worked out daily food plans that will provide the various types and amounts of food needed. Here is one plan:

Green and yellow vegetables...at least one serving a day, for vitamin A.

Citrus fruits and tomatoes...one serving a day, for vitamin C.

Other fruits and vegetables...for rounding out vitamin and mineral needs.

Milk...one quart...a glass at each meal, and a cup in soup or dessert will take care of the day's quota. Milk contributes calcium, protein, and vitamins.

Lean meat, poultry, fish, eggs or meat alternates...one serving a day for protein, vitamins B-1 and G and iron. If possible, children should have one egg a day in addition to a serving of another protein food.

Bread and cereals...at two or three meals. The whole grain and enriched bread and cereals contribute the B vitamins and iron, and supplement the animal sources of protein.

Butter or fortified margarine at two or three meals...for fuel and vitamin A.

Cod liver oil...1 teaspoon daily (or some other effective source of vitamin D).

After children have eaten these basic foods, they may have other foods according to their appetite. Sweets at the end of the meal...simple desserts, jam, jelly, honey...add to the pleasure of eating and provide fuel for the child's vigorous activity. Just make sure that at least half of the child's daily foods are from the "protective" group...vegetables, fruits, milk and eggs.

SAVE A TIN AND TURN IT IN

When publicizing the Fat Salvage Program, broadcasters may wish to mention some of the items, other than munitions, which require fats and oils, or their by-products in manufacture or processing. Here's a partial list which might be helpful:

Insulin	Synthetic rubber	Nylon for parachutes	Candles
Opiates to ease pain	Airplane lubricants	High resistant paints	Cellophane
Surgical jellies	Incendiaries	Marine rope	Dentifrices
De-icing fluids for airplanes		Dry cleaning and laundry fluids	

THRIFTY THINNING

As every gardener knows, one of the first Victory Garden rules is: "Don't plant too thick". But even the most careful planter may find that some of his crops are coming up in crowded rows which must be thinned for healthy growth.

Instead of pulling out these young plants and discarding them, why not be thrifty and begin thinning when the plants make good eating? In a row of greens, for instance, those that grow tall first can be pulled for table use, leaving the smaller plants to develop for later harvesting. Kale, collards and turnip greens may be used as soon as they are about 4 or 5 inches high...lettuce, when it's 3 or 4 inches high.

Beets are thinned for the table at several stages of growth. Pull them first for tender cooked greens, when the roots are only about the size of your little finger, and can be cooked attached to the tops. Later, when the roots have reached walnut size, more can be pulled, and the family will get tender baby beets for dinner. Onions may be thinned in the same way...by pulling the plants as they reach the young "green onion" size, until the row is cleared enough to allow room for the rest of the plants to grow, uncrowded, to full size.

Some of the most delicious carrots for eating raw in salad, or as a relish, are those of pencil size, thinned from a row. Or, they can be cooked for just a few minutes in a little water. These small succulent carrots are an exclusive treat for the home gardener, because they never appear on the markets.

And here's another thrifty hint...after the garden rows are properly thinned, the most saving way to use leaf lettuce and chard is to pick only the leaves...then the plant will continue to grow and produce more leaves.

FISH ON THE SCALE

For the fish fancier, and those who are counting their red points, the supply of fresh fish is of current interest. Right now, and during the month of May, fresh fish will be landed at fishing ports throughout the country. The varieties available will vary according to section and local preferences.

Maybe your listeners are more familiar with the form or cut of the fish than the names. Sometimes fish is sold in steak form. These steaks are cross-sections of large fish...salmon and halibut are often sold in this way. Chances are though, your listeners will buy most of their fish in frozen fillet form. These may be single fillets...meaty sides cut from the fish. Often, whiting and other species are sold as "butterfly" fillets. This means the fish has been cut down the back and spread open.

Fish which are sold as caught, such as mackerel, are known as "whole" or "round" fish. Those with only the entrails removed are called drawn fish. Dressed fish have had the entrails, head, tails and usually the fins removed. The pan-dressed ones are the smaller size fish that may be split along the belly or back and may have the backbone removed. The secret of cooking fish is low, slow heat. Poor cooking accounts for most of the prejudices people have formed toward sea food. So tell your listeners about the basic rule of low heat, and then have them bring out their recipe books. Fat fish may be baked or broiled. Lean fish can be simmered or steamed or made into chowders. Either type may be fried.

STEAKS WITHOUT POINTS...RATION POINTS

Here are a few suggestions for serving fish steaks, which should be acceptable to any of your listeners who lack the points for a good company meat dish.

Steaks are crosswise cuts of fish, unlike fillets, which are cut lengthwise. They are usually from fish that are too large for a single serving, or for filleting. They are ready for immediate use without further preparation, and are easily and quickly cooked. If frozen, they may be cooked without thawing. Steaks are cut from fish which have been cleaned and dressed...fish such as cod, haddock, red snapper, salmon, swordfish, etc.

BAKED WITH CLAM BROTH

3 pounds fish steaks (or fillets)
1 cup minced raw clam meats
2 tablespoons table fat
1 cup minced onion
1 cup milk
salt and pepper
(1 can clam chowder may be substituted for clams and milk if desired)

Place fish in a baking dish, and pour all the other ingredients over it. Bake in a hot oven (450 degrees) for 25 minutes, basting with liquid from pan.

FISH STEAK

3 pounds fish steaks, 1 inch thick
 $\frac{1}{2}$ cup flour
1 teaspoon minced green pepper
1 teaspoon celery salt
4 tablespoons cooking fat
 $\frac{1}{2}$ cup water
4 tablespoons lemon juice
1 tablespoon minced onion
salt and pepper

Wipe the fish with a damp cloth. Sprinkle both sides with the flour, salt, celery salt and pepper. Sauté the onion and green pepper in fat, then brown the fish in the fat. Place in a baking dish, add water, sprinkle with lemon juice, and bake, covered, in a moderate oven (350 degrees F.) for 30 minutes.

OVEN BROILED

3 pounds steaks (or fillets)
1 teaspoon onion juice, or
 $\frac{1}{2}$ cup minced onion
Salt and pepper
Other desired seasoning

Place fish on oiled paper, preferably on rack in baking pan in hot oven (450°F.) If fillets, put skin side down. Sprinkle with seasonings, except minced onions. Cook for 15 minutes. Sprinkle onions over top and cook for 5 minutes longer.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Oranges, grapefruit and lemons (slightly higher)
IN MODERATE SUPPLY.....Apples (best at ceiling), tangerines, avocados (high)
IN LIGHT SUPPLY.....Cuban pineapples and strawberries (ceiling), Anjou pears,
(ceiling), Winter Nelis pears
BEST VEGETABLE BUY.....Asparagus
IN MODERATE SUPPLY.....Italian and white summer squash (lower), banana squash,
(slightly higher), celery (high for good quality),
carrots (slightly higher), peas, cabbage, tomatoes,
onions, lettuce, bunched vegetables, rhubarb, rutabagas
IN LIGHT SUPPLY.....Potatoes, cauliflower, broccoli and radishes (high),
sweet potatoes (best at ceiling), peppers (high)

San Francisco

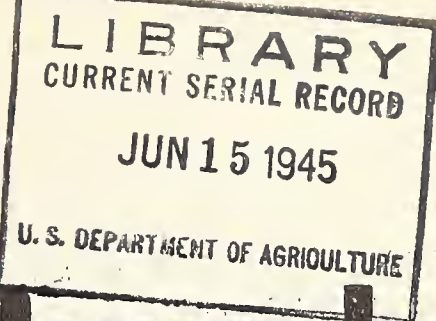
BEST FRUIT BUY.....Grapefruit
IN MODERATE SUPPLY.....Apples, lemons, oranges and pears
IN LIGHT SUPPLY.....Strawberries (just arriving), avocados (Fuerte, high -
others, moderate)
BEST VEGETABLE BUYS.....Asparagus and peas
IN MODERATE SUPPLY.....Artichokes and tomatoes (lower), lettuce, rhubarb,
carrots, cauliflower, onions and spinach
IN LIGHT SUPPLY.....Cabbage, celery (higher for best quality), potatoes

Portland

BEST FRUIT BUY.....Arizona grapefruit
IN MODERATE SUPPLY.....Apples (ceiling), oranges, fresh Cuban pineapples,
California limes
IN LIGHT SUPPLY.....Avocados (high)
BEST VEGETABLE BUYS.....Asparagus, spinach, green onions, dry onions, field-grown
rhubarb and mustard greens, carrots
IN MODERATE SUPPLY.....Cabbage, tomatoes, peas, new potatoes
IN LIGHT SUPPLY.....Celery, cauliflower, artichokes, radishes

Seattle

BEST FRUIT BUY.....Grapefruit, oranges, lemons
IN MODERATE SUPPLY.....Apples
IN LIGHT SUPPLY.....Strawberries, pineapples
BEST VEGETABLE BUYS.....Asparagus, green peas, local spinach, Texas new potatoes,
green onions
IN MODERATE SUPPLY.....Tomatoes (slightly lower), carrots, cabbage, cauliflower
and celery (considerably higher), sweet potatoes, rhubarb,
rutabagas, parsnips, dry onions, broccoli, peppers, zucchini,
radishes, beets
IN LIGHT SUPPLY.....Lettuce (full ceiling)



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Radio Round-up on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
April 28, 1945

IN THIS ISSUE

- CHEESE IT.....Now that the flush milk season is beginning, there will be more ration-free cottage cheese for everyone...and it's just in time for cool, summer meals, too.
- PRIZE VITAMIN C CONTAINERS.....Since oranges are plentiful throughout the country right now, here are a few notes on orange economy.
- TRAPPING THE "TRICH".....Housewives should be especially careful about buying pork and pork products, which sometimes carry trichinosis. A good way to be safe is to buy Federally Inspected pork and pork products...or those that have been inspected by equally thorough systems.
- STRAWBERRIES IN MAY.....The peak season for strawberries comes in May and June...but there aren't as many planted this year as usual. So the prices will probably continue at ceiling.... In the Pacific area, the supplies will be very short.
- A SWEET ARRANGEMENT.....Here's an explanation of the rationing system for this year's home-canning sugar..... there will be enough for all home-canning needs if homemakers will all follow the rules.

US Department of Agriculture
Food Distribution Administration

CHEESE IT

Milk and milk products are on the preferred food list for everyone in the family every day. Now that the flush milk season is under way, there will be more ample supplies of most dairy products....especially cottage cheese.

Cottage cheese is made from skim milk...usually what is left after cream has been separated. This skim milk contains all the important milk solids except fat and vitamin A. Many dairies put back some of the butterfat to make a richer, creamier product. However, this butterfat content must not exceed 5 percent if the cheese is to remain ration point-free.

As for a little background on why cottage cheese has not been too plentiful during most of the war period. This was primarily due to the exceptionally large military and lend-lease demands for non-fat dry milk solids. Until last October these needs were so great that sales of cottage cheese and other skim milk products were subject to strict quotas in all of our larger cities. Now that the supply situation is improved, quotas on cottage cheese have been removed. For the next few months at least, consumers in almost every part of the country can have all they want of this nutritious dairy product. However, the general shortage of paper containers may be a limiting factor on sales in some sections of the country.

The slightly acid flavor of cottage cheese adds variety to the meal, and foods with acid flavor are particularly popular in warm weather. For use in salads and sandwiches, this cheese has been steadily increasing in popularity.

You may want to point out to your listeners some of the uses of this unrationed, protein-rich food. Cottage cheese combines well with almost any vegetable of definite flavor, and with dried, fresh or canned fruits. If your recipe file is limited, perhaps your local dairies have additional ideas on the use of cottage cheese.

PRIZE VITAMIN C CONTAINERS

Whether it's Florida Valencia oranges or navel oranges from California that you prefer, the supply of this citrus fruit is plentiful.

Valencia is not the name of a brand, but a variety of orange. These sweet round oranges from Florida are very juicy right now. They'll be in ample supply until the middle of May...with principal markets in the East and West to the Mississippi Valley.

Navel oranges from California are distributed nationally, but predominate the western markets at present. The navel orange season will end in May, and California Valencias will then take their place on the market. In these days when it's essential to fight food waste, some findings of the Arizona State Experiment Station of the Department of Agriculture on orange food value might be of interest. Experiments with navels, sweet seedlings and Valencias showed that oranges prepared as segments contribute more food value than those prepared any other way. Slicing usually preserves the ascorbic acid, or vitamin C value, than juicing. And unstrained juice contains more of this vitamin than does the strained juice. The strained juice is the least economical method of preparation, since a serving contains only from one-half to three-fourths of the amount of ascorbic acid contained in the segments. And here's another economical note...those 8-pound mesh bags that oranges come in are handy containers now that paper bags are limited.

TRAPPING THE "TRICH"

Recent outbreaks of trichinosis...that disease linked with uncooked pork... were traced to locally manufactured non-federally inspected smoked sausage known as mettwurst. If this sausage had come up to federal meat inspection standards, the outbreaks could have been prevented.

It's a surprise to many people that the examination of fresh meat is only part of the federal meat inspector's job. The work of these inspectors also includes rigid checking on processed meat products. These specialists make sure that the ingredients that go into hot dogs, bologna, meat loaf and sausage pass federal standards of food purity. They even check on the temperature of smoke houses and on the steps in the cooking process.

Trichinosis is a disease caused by a very small parasite which is invisible to the human eye. The parasite is sometimes present in hogs, and is transmissible to man when pork is eaten raw or undercooked. Thorough cooking or special processing makes pork safe to eat. The trichinae is harmless then...as is the bacteria in milk after pasteurization. So the purple mark of federal approval is especially important to the homemaker buying processed pork products.

As for fresh pork...and such products as bacon and smoked ham...cook them well. This caution should not be construed as a reflection on pork. Products such as mettwurst, summer sausage, dried sausage, cooked or boiled hams and similar pork products, generally eaten without cooking, are safe to eat when they have been processed under federal or equally thorough meat inspection systems.

STRAWBERRIES IN MAY

Strawberries...shipped in or homegrown...hit their peak in volume during May and June. This season about 94,000 acres are planted in strawberries. Since this represents only about 60 percent of the usual acreage, prices for strawberries will probably continue at ceiling.

Ever since the war, the acreage devoted to strawberries has been going down because of the shortage of labor. Between 70 to 80 percent of the production cost of strawberries has always been labor. For example, just a one-acre farm can use about a dozen pickers at the height of the harvesting season. Right now, picking and all production labor is expensive and scarce. Other cost factors to consider are packaging and transportation. Strawberries are very perishable and demand special attention. Not only must they be handled and packed carefully in pint or quart containers, but they must move under refrigeration...either by express trains or trucks.

The early crop strawberries from Florida are gone. Louisiana strawberries will be found in limited amounts for a few more weeks in northern and central markets. For the month of May, the following states will be the sources of our strawberry supplies: North Carolina, Virginia, Delaware, Maryland...and a little later New Jersey...will supply the bulk of the eastern trade. Arkansas, Tennessee, Kentucky, Missouri and Illinois will supply the central states. Supplies of California strawberries are very short and limited shipments will be made in the Pacific area. As for food value, this popular, flavorful berry is an excellent source of vitamin C. However, the amount of this vitamin varies with soil, environment, season and variety. Berries harvested late in the season are lower in vitamin C than the earlier ones. Berries ripened in the shade are also lower in C content, and if berries are injured or bruised this also causes a rapid loss of vitamin C.

A SWEET ARRANGEMENT

Chief variation of the sugar-for-home-canning theme, this year, is the coupon the homemaker will use to get the sugar. Somewhat larger than the ration stamps in her book....of brownish-gray color...the coupons are issued in one and five-pound denominations. The canning sugar coupon carries on the face, a ruled box in which the homemaker writes her name and the serial number of war ration book 4 against which it was issued.

To get canning sugar...the homemaker fills out an application form and attaches spare stamp 13 from book 4 for each member of the family for whom sugar is requested. Then she mails or takes the application to her local rationing board and in turn receives the coupons. When she exchanges the coupons for canning sugar at the grocery store...the homemaker shows ration book 4 with the serial number corresponding to that on the coupon.

If she needs it, the home canner can get as much as 20 pounds of sugar for each member of her family----with a maximum of 160 pounds per family. She may allow up to 5 pounds of each person's allotment for putting up jams, jellies, other spreads, relishes, catsups...and for curing meat.

This minor variation in rationing canning sugar is inspired by the urgent necessity that the 700,000 tons of sugar set aside for this purpose actually be used for home canning and not diverted to rich candies and desserts.

Basically...the sugar-for-home-canning theme remains the same as it's been since sugar was first rationed in 1942. The supply is limited for reasons we all know. And this year...sugar stocks are at a wartime low. As before...in allocating sugar for home canning, WFA has followed the general wartime canning rule of one pound of sugar to each four quarts of finished fruit. On that basis, OPA issues ration stamps. And on that basis...enough sugar has been set aside to can over 5 billion quarts of fruit...more than has ever been canned at home in the history of the country.

Enough sugar has been set aside to meet home canning needs...provided.... home canners stay within the recommended amounts...and use the canning sugar only for home food preservation.

TALLOW HO

The American stockpile of fats and oils will not be replenished by shipments of copra and coconut oil from the Pacific Islands this year. One look at battle pictures from that war zone should be enough to explain "why" to your listeners. Palm groves have been splintered by shell fire, small refineries have been wrecked by retreating Japs, and native workers have long since dispersed to fight the Nipponese as guerrillas.

In the meantime, inventories of fats and oils in this country will reach a new wartime low in July. Since Pearl Harbor, the nation has looked to its homemakers to salvage enough fats to see us through. As the climax of the war draws nearer, this salvage becomes more important than ever. The fats we urgently need at home and overseas can be saved right in our own kitchens. You can help by constantly emphasizing this story. And don't forget the two red points for every pound turned in.

USE IT - DON'T LOSE IT

From time to time during the coming summer and fall, local abundances of certain fruits and vegetables will develop quickly in widely separated places throughout the country.

It is not difficult to explain the reason for these local conditions to your listeners. Favorable weather may bring a crop to maturity ahead of schedule. Transportation may not be available to move the harvest to distant markets. Containers may be scarce. Canner and food processing labor may be short. All these factors may result in an abundance of a new crop within, or near the growing area.

This year, folks down Georgia way will have a good peach crop. True, we'll need peaches in other parts of the country, but refrigerator cars are not available in sufficient quantities. The Brownsville, Texas area will soon pick a bumper crop of tomatoes. Kern County, California will be digging early potatoes in June, while the citrus season gets underway in the same state. These are only a few of the districts where locally grown fruits or vegetables will be in plentiful supply. It is within these districts that homemakers can benefit most by taking advantage of these abundances.

By canning at home, or availing herself of the services offered by a community cannery, the homemaker not only assures her family of adequate food during the winter months, but renders a valuable service to the country by preventing valuable food from going to waste. In addition to family stocks, homemakers might also help preserve plentiful foods in supervised canning centers for War Food Administration-Community School Lunch Projects.

Indications point that this year's requirements of canned and processed foods by our armed forces will leave greatly reduced amounts of commercially canned foods for civilians. It is a wise homemaker who will make use of locally produced food and insure herself of an ample larder when the harvest season is over.

PLENTIFUL FOODS FOR MAY

The following foods are expected to be plentiful throughout the greater part of the country during May. Broadcasters may wish to check on expected local abundances of the fresh products mentioned.

Carrots
Onions
Green peas
Oranges
Eggs
Apple Butter, citrus marmalade, jellies
Grape, plum and fig jams
Dry-mix soups
Dry edible peas
Soya flour, grits and flakes
Wheat flour and bread
Macaroni
Spaghetti
Noodles
Oatmeal

SPRING SPUDS

You broadcasters who keep close check on the potato situation may want to give your listeners a few details on just what's happening to our supply of that old mealtime standby. And here's the dope as of now.

No doubt, you've noticed in the "Market Panorama" section of Roundup that old crop potatoes have been scarce for several months, but lately, we've been receiving some from Maine. The reason for that is, the season for Idaho potatoes is almost over, and we have no carry-over because the Armed forces needed the Western potatoes for overseas shipment. Like the Maine potatoes, they were suitable for shipment, and the source of supply was close to shipping facilities. So, there have been very few U.S. Number One Grade potatoes available on the West Coast. And because of serious transportation shortages, it has been difficult to get potatoes from Maine.

However, the spring potatoes...the "new potatoes" are beginning to appear in the market stalls now. There are a few coming from Texas, Arizona and Florida, but our largest and most readily available source is the Kern County district in California. It remains to be seen just how many of these Kern County spring spuds we civilians are going to get, because the Armed Forces are still in need of potatoes.

So here's the situation in summary...We have no more Idaho potatoes left...we can't get as many Maine potatoes as we could use because there isn't enough transportation available to ship them....there is a good supply of Kern County potatoes beginning to mature, but no one knows exactly how big a cut the Armed Forces will make in that supply. The Kern County variety is highly perishable, and must be shipped under constant refrigeration, which may be a factor in favor of the civilian allotment of Kern County potatoes.

FOOD NOTES FROM THE ANCIENTS

PEAS.....Vegetable plates are an old Roman custom. In fact, the early Romans respected vegetables so highly that they borrowed many family names from the garden. The name of the famous Roman orator, Cicero, is taken from their word for garden peas.

The Romans were so fond of peas that candidates for public office used to distribute them free to the people in order to make themselves popular.

Spectators at the Roman theatre, chariot races and the circus regaled and even gorged themselves with fried peas.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT DON'T WASTE FOOD CONSERVE PAPER BAGS AND CARTONS

PLANT A VICTORY GARDEN CAN ALL YOU CAN USE RATION POINTS WISELY

USE ABUNDANT FOODS OFTEN

STOP, LOOK, AND LOOK AGAIN

Now that homemakers are beginning to think about the 1945 canning season in earnest, perhaps they are checking over the shelves to see what's left from last year's bounty. So here are a few precautions about canned food that everyone should take into consideration.

In the first place, every can or jar should be inspected before it's opened. In tin cans, both ends should be flat and curved slightly inward. Neither end should bulge or snap back when pressed. All seams should be tight and clean with no traces of leaks. In glass jars, there should be no bulging of the rubber, and no signs of leakage.

Also, there should be no sudden outburst of air or spurting of liquid when the container is opened. And the odor should be characteristic of the product. Any different odor probably indicates spoilage. The inside of tin cans should be smooth and clean or well-lacquered, and not markedly corroded.

Food may be left in a tin can after it is opened, provided the can is covered and kept cold just as any other cooked food. Acid foods and tomatoes may dissolve minute quantities of iron from the can, and may acquire a slightly metallic flavor, but this is harmless. The purple that develops in red fruits, and sometimes in peaches and pears canned in tin, is merely a change in the color pigments, and is also harmless. The broth over canned meats and chicken may or may not be jellied, depending on the quantity of connective tissue and cartilage in the meat. If it's liquid, this is no indication of spoilage.

NEVER taste food to discover spoilage...when the food is non-acid, there is always a possibility that even a taste may cause serious illness. For this reason, it's a good idea to boil all home-canned non-acid vegetables before using them.

ASPARAGUS TIPS

In most sections of the Western region, asparagus is a best buy in the markets...and home-canners are getting their utensils ready to put some of it in jars for the winter's good eating.

Here are a few buying tips for best results.

Asparagus ages rapidly after it is cut; the tips spread, and the stalks become tough and woody. So buy fresh stalks and lessen the risk of getting tough asparagus.

Two kinds are found in the markets...blanched (or white), and green. The white is grown mainly in California, and is used largely for canning. The green, however, is most popular and most commonly seen in the markets.

At its best, asparagus must not only be fresh, but it must be tender and firm, with close, compact tips. A tender stalk is brittle, and is easily punctured. A wilted appearance, or a spreading tip is often an indication that considerable time has elapsed since cutting. Usually stalks of this type are a waste, as only the tip is edible. Stalks that are angular in form are likely to be tough and stringy. The whole stalk, with the exception of an inch or two of the base, should be tender. Of course, asparagus, being a non-acid vegetable, must be canned in a steam pressure canner. So before the pressure canner is used for the first time this year, the gauge should be checked to see that it's accurate.

MARKET PANORAMA

Los Angeles

FRUIT IN MODERATE SUPPLY...Lemons, oranges and grapefruit (slightly higher),
tangerines, apples (best at ceiling)
IN LIGHT SUPPLY.....Anjou pears (ceiling), Winter Nelis pears (reasonable),
strawberries, Fuerte avocados (high)
BEST VEGETABLE BUY.....Asparagus, white summer and Italian squash
IN MODERATE SUPPLY.....Celery (wide range in price and quality), peas (lower)
banana squash (higher), onions, tomatoes, carrots (best
at ceiling), rhubarb, lettuce, rutabagas, bunched
vegetables
IN LIGHT SUPPLY.....Potatoes (ceiling), cabbage, cauliflower, artichokes
(high - most show effects of frost), sweet potatoes
(best at ceiling), peppers and broccoli (high)
NEW ARRIVALS.....Corn from Texas (still high), Kentucky wonder beans
from Coachella Valley

San Francisco

BEST FRUIT BUY.....Grapefruit, oranges and lemons
IN LIGHT SUPPLY.....Strawberries (slightly lower)
BEST VEGETABLE BUY.....Asparagus, peas, rhubarb and squash
IN MODERATE SUPPLY.....Lettuce, carrots (slightly higher), artichokes (lower)
IN LIGHT SUPPLY.....Cabbage and cauliflower (slightly higher), potatoes

Portland

BEST FRUIT BUYS.....Grapefruit, oranges, lemons
IN LIGHT SUPPLY.....Some Valencia oranges arriving from Florida
BEST VEGETABLE BUYS.....Field-grown rhubarb, asparagus, spinach
IN MODERATE SUPPLY.....Bunched carrots, lettuce, local green onions
IN LIGHT SUPPLY.....Cabbage, beets and turnips (higher)

Seattle

BEST FRUIT BUYS.....Oranges, lemons, avocados (considerably lower)
IN MODERATE SUPPLY.....Texas grapefruit (higher), apples
IN LIGHT SUPPLY.....Pineapples
BEST VEGETABLE BUYS.....Spinach, asparagus, home-grown rhubarb, creamer size
Texas new potatoes
IN MODERATE SUPPLY.....Lettuce (lower), bunched carrots, dry onions and
tomatoes (slightly higher), green peas
IN LIGHT SUPPLY.....Old crop potatoes, sweet potatoes, cabbage, cauliflower,
celery



Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
May 5, 1945

IN THIS ISSUE

- EATIN' YOUR EDEN.....President Truman sums up the importance of Victory Gardens. Food report of the Inter-Agency Committee of Foreign Shipments bears out his statement.
- I'LL TAKE VANILLA.....Or chocolate, lemon, coffee, maple and many other flavors of ice cream. Dry mix for ice cream is being sent to our boys at the fighting fronts to give them one of the luxuries of home.
- BEYOND THE KITCHEN.....Miss Marjorie Luce reports on how much material on the World Security Organization should be included in programs for the homemaker.
- READING THE SUGAR LEVEL.....Sugar ration has been cut again. Restrictions are necessary to stretch our supply to all of the claimants.
- PREVENTING THE CURE.....Rochester, Minnesota, home of the Mayo clinic, is one of the many towns in the U.S. that has benefited from the school lunch program.

US Department of Agriculture
Food Distribution Administration

EATIN' YOUR EDEN

President Truman summed up the importance of Victory gardens when he said recently, "There is greater need now than at any time since the war began for more gardens and better gardens, whether they are at home, in community plots or in company-employee gardens."

The food report of the Inter-Agency Committee of Foreign Shipments, which was released this week, bears out his statement. It points out that last year, military needs took 13 percent of our total food supply. This year, because our military forces are at their maximum strength, almost 16 percent of the prospective food supply must be furnished to fill military needs. As a result, less food will be available for civilian uses.

The end of the war in Europe will not lessen the pressure on our food supply. Spring advances of the allied armies, insufficient seed stocks, fertilizer and tools...to say nothing of population dislocations...have prevented sowing of crops in many battle stricken areas this year.

Disillusionment and disappointment, as well as economic and political instability, will certainly follow in the wake of victory unless it is possible to supply minimum quantities of food to the countries liberated from Nazi domination. From a humanitarian standpoint the allies must share their food with these liberated peoples.

While Americans will be called upon to make some changes in their food selections, they will still be able to maintain a well-balanced diet. The government is counting on the food from millions of successful victory gardens to supplement our food stocks. Explaining these facts to your listeners will help.

I'LL TAKE VANILLA

You've probably read how our fighting men back from combat zones ask for milk, fresh vegetables and...ice cream. Because ice cream is so important for morale, as well as being a nutritious food, more dry ice cream mix is being made for the military forces this year than ever before. Last year, the sales of dry ice cream mix to the various military groups totaled about 50 million pounds. This year the requirements are indicated to be almost 150 million pounds.

The dry ice cream mix going to our armed forces is made from whole milk and cream...and other dairy products made from them...sugar and other sweeteners, and vanilla flavoring. For shipment, it's packed in hermetically sealed cans from which the air has been removed, and an inert gas substituted to insure keeping qualities.

All the military cook overseas has to do to make the finished product is add water and then freeze the mixture. A pound of the dry mix makes approximately one gallon of ice cream. And if the men want a flavor other than vanilla, they can run the gamut from chocolate to lemon, fruit cocktail, peach, coffee, maple, pineapple and powdered hard candy. All these commodities for additional flavor are part of the standard B field ration available everywhere. As for the ice cream machines, they are located aboard ships, floating cold storage barges, at hospitals and at regular mess kitchens near the front. The ice cream for troops isolated from major supply depots is made in 40-gallon-capacity, portable ice cream machines. These smaller portable machines are equipped with air-cooled gasoline or electrical motors and they can make a semi-frozen ice cream in 7 to 14 minutes. The mixture is then drawn off, put in half-pint containers and stored in a freezing compartment which usually holds 40 gallons of the finished product.

BEYOND THE KITCHEN

Just how much is the average homemaker interested in learning about the structure of a World Security Organization? How much does she want to know about the issues on which world peace will depend? If these two questions often cross your mind...if you debate how much material on world affairs you should include in your programs for homemakers...here's a report that will interest you. It comes from Miss Marjorie Luce, State Home Demonstration club leader of Vermont.

When Vermont Home Demonstration clubs planned their 1944-45 program, they added a project in public problems to the traditional program of homemaking. This added project was a series of three meetings to discuss the far-reaching question, "How can we have an enduring peace?" And so that the farm women would have trained leaders for this study, the Home Demonstration agent of each county spent a week of intensive study at the University of Vermont learning the facts behind the problems of world peace.

For each Home Demonstration group, the meetings followed the same pattern. At the first session, the women began their discussion with the question, "Can we get on without wars?" And they started off by talking about human nature --- drawing on their own experience and observations, and came to the conclusion that human beings can be educated for peaceful living. At the second meeting, the Vermont women talked about the causes of war. At the final meeting, they discussed the meaning of peace.

"Peace is worth the sacrifices"

One thing that came out in most of these meetings was that even though peace may entail sacrifices, it is worth the sacrifices. They talked about the kind of peace we want and studied the provisions of the Dumbarton Oaks proposals. Many clubs passed resolutions endorsing the proposals.

More than 3,000 women in Vermont have attended the meetings of the 147 Home Demonstration clubs. About two thirds of the women took an active part in the discussions. Women with sons in the service seemed to have the most to say. As to the interest of these farm women in world affairs, one Home Demonstration agent said, "I can hardly believe the intensity of interest." Furthermore, the majority of these women said they depend on the radio for most of their information on world affairs today.

That's the experience of Vermont farm women. Home Demonstration groups in other sections of the country are also studying plans for world organization. The extension editor in your state can tell you whether such meetings are going on in your area.

AND WE CRY FOR STEAKS

The Christmas ration of meat in Norway amounted to 350 grams (or about 12.4 ounces), consisting of horse meat and veal, according to reports from Oslo. Approximately 33 million pounds of meat have been requisitioned by the Germans from the Norwegian butchers, but delivery has been very slow. The scarcity of meat is brought out by the fact that recently discovered stocks of frozen whale meat, which were to be fed to silver foxes, are now being distributed to heavy workers.

READING THE SUGAR LEVEL

Under wartime regulation, a food is usually rationed when the available or prospective supply is not adequate to meet the demands of all our claimants. The coupon system of rationing is flexible, allowing changes when there is a shift...favorable or unfavorable...in the supply. This constant checking of supplies explains the recent rationing actions in regard to sugar.

Our domestic reserves...also the world stocks...are at rock bottom. Consumers must depend entirely on current production, and the production of off-shore sugar will be smaller than was anticipated earlier in the year. Along with smaller production, military and export demands have increased. As more people are liberated in Europe we must share our sources of supply with them. Even if no sugar were made available to liberated areas, Americans could not continue to consume sugar at last year's rate, or even at the rate of the first three months of this year. The War Food Administration records show that over one million, 300 thousand tons of sugar were distributed to civilians before April 1 this year. This is a little more than one-fourth of the total supply allocated to civilians for 1945. What's more, the first three months are normally low periods of demand. In the two middle quarters, more sugar is used for home and commercial canning, for soft drinks and other products.

All this adds up to the fact that restrictions are necessary to stretch our supplies. Sugar stamp 36, which became valid May 1, will stretch over a four month period. Instead of 20 pounds this year, the maximum canning sugar allotment per individual in this country will be 15 pounds. And no family can get more than 120 pounds...in contrast to the 160 pounds announced earlier this year on the basis of supplies in prospect. Sugar allotments for hotels, schools, restaurants and other institutional users are also cut. OPA is re-examining all industrial applications and expects to announce intended reductions in the near future.

The changes fix the ration rate of sugar for the individual at 15 pounds per year. Last year 24 pounds per person was the ration. Sugar for all forms of civilian use will drop to 72.1 pounds in comparison with 89 pounds last year. This includes sugar for home canning, sugar in commercially canned goods, bakery products, soft drinks, candy and other products.

Our reductions will also help provide a modest quantity of sugar for liberated areas. This sharing will be a real contribution to the under-nourished and often starving peoples of liberated countries.

MORE ABOUT CHEESE

Homemakers may find about 10 percent more foreign-type cheese on the market this second quarter of the year than during the first three months of 1945. The War Food Administration is permitting dairy manufacturers to make more Swiss, munster, brick, limburger, all varieties of Italian, and cream cheese during this period because of the high rate of milk production.

While the production of cheddar cheese is up 15 percent over the first three months of the year, the civilian supply of this cheese will remain the same as in months past. The military and other war uses are taking the increase in production.

PREVENTING THE CURE

When you're talking to your listeners about good nutrition you might stress the idea that correct eating is the ounce of prevention that's worth a pound of cure.

This fact gets backing from a great city of cures -- Rochester, Minnesota -- home of the Mayo Clinic. Civic groups in Rochester have been among the pioneers in serving WFA-community school lunches to replace cold biscuits or pop and sweets, which were the noon-time fare of many youngsters in earlier days. The beneficial results of the program are already in evidence. In one school, every young man in the graduation class of 1943 is now in the armed services. In the light of the high percentage of draftees rejected because of malnutrition, that's a top record.

Back of the WFA-Community School Lunch Program in Rochester is the old but heartening story of community enterprise. This year the PTA donated some of the food to the Community School Lunch Program, and paid the operational expenses. For the type A lunch...which provides a third to a half of the day's nutritional requirements...the War Food Administration paid the sponsors 9 cents per child for each meal served. This is the standard assistance made by the WFA for the type A lunch.

While the youngsters in Rochester get the greatest benefit from the school lunches, it's also true that some of the information on good nutrition percolates into the homes. Parent-teacher groups discuss meal planning to include the right foods. And for the information of mothers who are striving to serve better balanced meals at home, the local newspapers publish the menus of lunches served at school. Local tradespeople have also benefited, because in general, food for the schools has been bought locally.

Through the school lunch, children have been made alert to the business of conserving food, and the clean plate is the rule rather than the exception. Thus the youngsters are learning the habit of thrift along with right eating.

For any information regarding the School Lunch Program, write to the War Food Administration, Office of Supply, Room 700, 821 Market Street, San Francisco 3, California.

HAVE AN EXTRA CHOP, LADY

Yes, you CAN get extra red points, even though meat shortages make saving fats harder these days. Just in case there may be ways to save that you are missing, here are a few suggestions:

FISH.....You're using more of it these days. Scrape every drop of grease from the pan in which you fry or broil it.

SAUSAGES.....They're plentiful, and yield lots of grease in the frying pan...and if you parboil them first, don't forget to save the water and skim off the grease.

UTILITY MEATS.....They're good for stews and soups...skim off the grease as they cook. Chill them afterwards, and scoop off the fat that hardens on top.

TOMATO TRIPS TO MARKET

Tomatoes from the lower Rio Grande valley of Texas have already started their travels over the country, but chiefly North and East. Here are the figures that keep Texas at the top of the production list for commercial tomatoes...that is the tomatoes headed for fresh market use. This year the lower valley of Texas has about 65 thousand acres of tomatoes which is quite an increase over last year's 46 thousand acres. The average for the last ten years for this region was only somewhat over 16 thousand acres. And the north Texas harvest doesn't start until after the first of June...

Although tomatoes are a nation-wide crop, there are only a few states that ship fresh tomatoes long distances. Florida, and California stand next to Texas, but Mississippi, Arkansas, the Carolinas, and Tennessee are important tomato producing states too.

The season for Florida tomatoes is just about over. The same for Mexican tomatoes too. However, Mexico is our principal source of tomatoes during the winter months. The Mexican tomatoes are the same quality as the domestic, but generally the size is a little smaller.

When tomatoes don't have to travel long distances, they are sometimes picked as "pinks"....when they are just beginning to show a little red color. Tomatoes that are to be shipped long distances are generally picked when they are still green...but mature enough so that they will ripen properly after arriving at their destination.

HORMONES FOR TOMATOES

Spring is hardly the time to talk about holly...but it was experiments on this cheerful Christmas plant that first gave plant scientists the idea of using certain organic chemicals, called hormones, on winter tomato plants to prevent the blooms from falling off so easily. Commercial green houses have had a hard time in the past getting a fruit "set". But the addition of these chemicals made the tomato set fruit that would stay on and develop...and not only that, but it speeded up ripening by more than a week. And the result is...tomatoes round the calendar.

TOMATOES IN THE MAIN DISH

FISH-TOMATO STEW

Cook 3 cups of cubed potatoes in 3 tablespoons of fat until lightly browned. Add $\frac{1}{2}$ cup of chopped onion, $\frac{1}{4}$ cup chopped green pepper, $3\frac{1}{2}$ cups of fresh or canned tomatoes. Cover and cook until potatoes are tender. Add one pound of cooked fish cut in pieces about two inches square. Season with one teaspoon of salt, and pepper. Cook about five minutes longer...Serves six.

GROUND MEAT PATTIES

For extra flavor and moistness in ground meat patties, add $\frac{3}{4}$ cup of fresh or canned tomatoes to one pound of ground beef. Add $\frac{1}{2}$ cup uncooked, quick-cooking oats as the binder. Season to taste. This combination has a "different" flavor, and helps stretch the one pound of meat to serve six.

POTATO CROP-AGANDA

Potatoes are recognized as a basic vegetable in our diets and because of this there is a steady market for them. Producers have found over a period of years there is even a saturation point to consumer purchases.

For example, before the war, our farmers usually raised about 370 million bushels of potatoes a year. Per capita use ran about 130 pounds a year. Then in 1943, when our farmers raised more of this vegetable than ever before and consumers could buy all they wanted, the average use was only a little over 133 pounds.

It's one thing to say the market for potatoes is established, and another thing to fill demands year after year. The weather always is a factor to consider, because it affects both production and distribution. Dry weather or wet weather, too much sun or a blight will upset the national potato marketing basket. Then too, these factors never affect the whole country equally; so we may have a potato famine in the West and a potato feast in the East or vice versa. Sometimes when this happens...especially in wartime...there are not enough refrigerator cars or locomotives to move potatoes into the shortage areas.

Right now the new crop potatoes on the market are coming from Florida, southern Texas, Alabama, Louisiana and California. A little later Georgia, North and South Carolina will be shipping their early crops. These new potatoes have thin skins and are easily bruised. Thus they do not keep long unless carefully handled and packed, and refrigerated for long hauls.

What old crop potatoes are now available on the market are largely from Maine.

FOOD NOTES FROM ANCIENT WRITINGS

POTATOES.....Wild potato plants have been found in Chile and Peru, but potatoes were cultivated by the Indians long before Columbus discovered America.

Sir Francis Drake has been credited with carrying the first potatoes from the New World to England. The story goes that Drake gave them to Sir Walter Raleigh, who planted them on his estate near Cork. That's how the first "Irish" potatoes of northern Europe happened to grow in Ireland. They were called "Irish" potatoes because the English, when they began to eat them, got their first supplies from Ireland.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT DON'T WASTE FOOD CONSERVE PAPER BAGS AND CARTONS

PLANT A VICTORY GARDEN CAN ALL YOU CAN USE RATION POINTS WISELY

USE ABUNDANT FOODS OFTEN

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Lemons and limes
IN MODERATE SUPPLY.....Oranges and grapefruit (slightly higher), apples
(best at ceiling), avocados (high)
IN LIGHT SUPPLY.....Winter Nelis pears, strawberries (ceiling), tangerines
(season ended)
BEST VEGETABLE BUYS.....Asparagus, turnips, beets, tomatoes
IN MODERATE SUPPLY.....Lettuce (best at ceiling), celery, Italian and white
summer squash, cabbage (lower), peas, old and new
crop onions, carrots, romaine (reasonable), rutabagas
cauliflower (slightly lower), rhubarb
IN LIGHT SUPPLY.....Banana squash (higher), potatoes, Texas corn (high),
Kentucky wonder beans (ceiling), broccoli (high),
peppers (high), sweet potatoes

San Francisco

FRUIT IN MODERATE SUPPLY..Oranges, grapefruit and lemons (higher, Valencia
oranges from San Joaquin Valley; navels from southern
California)
IN LIGHT SUPPLY.....Strawberries, cherries (ceiling)
BEST VEGETABLE BUYS.....Asparagus and rhubarb
IN MODERATE SUPPLY.....Squash, tomatoes, artichokes (slightly higher),
cauliflower, peas, celery and lettuce (slightly lower)
IN LIGHT SUPPLY.....Potatoes, snap beans

Portland

FRUIT IN MODERATE SUPPLY..Oranges (higher), grapefruit
IN LIGHT SUPPLY.....Tennessee strawberries (high)
BEST VEGETABLE BUYS.....Spinach, lettuce, rhubarb, green onions, radishes,
mustard greens
IN MODERATE SUPPLY.....Asparagus, cabbage, cauliflower, peas, tomatoes,
bunched vegetables, new crop potatoes
IN LIGHT SUPPLY.....Old Crop potatoes, artichokes, green beans, celery,
peppers, cucumbers, summer squash and sweet potatoes
(all fairly high)

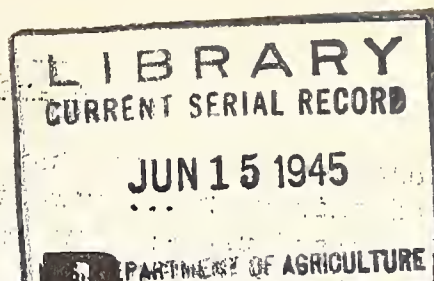
Seattle

BEST FRUIT BUYS.....Avocados (lower)
IN MODERATE SUPPLY.....Grapefruit, oranges and lemons (higher)
IN LIGHT SUPPLY.....Tennessee strawberries (high), fresh pineapples
BEST VEGETABLE BUYS.....California peas, local radishes and green onions,
spinach, rhubarb
IN MODERATE SUPPLY.....Zucchini squash, tomatoes, (lower), cabbage, cauliflower
(lower), asparagus and dry onions (higher), carrots,
beets, celery
IN LIGHT SUPPLY.....Potatoes, sweet potatoes, cucumbers

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A Service
To Directors of Women's Radio Programs



Radio Round-up

on food...

San Francisco, California
May 12, 1945

IN THIS ISSUE

EGG-SELL-ENT NEWS.....More than an egg a day per person...
that's the civilian egg consumption
record for the first 3 months of 1945...
and it looks as though we'll keep on
getting plenty of eggs throughout the
year.

THIS WILL BOWL YOU OVER.....We have to conserve sugar these days...
and here are some valuable suggestions
and hints on stretching the home
supply.

BIG, DEEP AND CLEAN.....It's time to get out the water-bath
canners and see if all the equipment
is in order....there are some new ones
available, too...or you can make one
that does a good job.

WINGS FOR VICTORY.....The Armed Forces are still in need of
chickens...their quota for overseas
and U.S. camps may amount to one out
of every five chickens produced....so
we civilians will probably get less
than the 23 pounds per capita, which
we consumed last year.

THE SHAPE OF THINGS TO COME.....Dehydrated foods are not new in this
country, but some of the methods of
producing them are new...and very
satisfactory...and homemakers may find
them convenient after the war.

US Department of Agriculture
Food Distribution Administration

EGG-SELL-ENT NEWS

Civilians consumed more than an egg a day per person during the first three months of this year ... more than they ate during the first quarter of 1944. This increased use was due partly to the reduced supply of meat and the continued high level of consumer income. And even though the number of layers on farms this year is smaller than last year, civilians will receive somewhat larger supplies than in 1944. The decline in the number of layers is partly offset by an increase in the number of eggs laid per hen. Also, fewer eggs are going to be dried for non-civilian uses.

Prospects for eggs next fall seem brighter now, too, because of the recent pick up in the into-storage movement. Storage buyers are obtaining relatively large supplies on the markets now through "futures" buying operations. This means, they're buying eggs at the higher prices which will prevail later in the season. For instance, a storage buyer might obtain several carloads of eggs now at say, the September price, which is higher than the current ceiling price. These eggs would be held in storage for delivery to the dealer in September for resale at fall ceiling prices. The effect of such buying is to make some markets short of current requirements, but it will help in the low production season next fall . . . when eggs normally move out of storage into civilian markets. This buying on the "futures" market has long been an established trade practice. And as long as ceiling price regulations are not violated, the method is not considered irregular. Civilian supplies later on in the year are thus protected, and the farmer benefits too. With no surplus supplies on the market, his current sales are kept at ceiling price levels. And also, April and May eggs are particularly desirable for storage.

THIS WILL BOWL YOU OVER

Suggestions on saving sugar continue to be news. And here are reminders from the home economists of the U. S. Department of Agriculture that will help your homemaker listeners stretch their sugar rations. Remind your listeners that they will get the full sweetness of the sugar on hand by making sure that every grain is completely dissolved. For example, give the sweetened coffee and tea another stir. Sirup ... either sugar sirup, corn sirup or sirup from canned fruit ... can be used to sweeten beverages. And some iced beverages could be tried without sugar.

Cereals cooked with prunes, raisins or dates call for little or no sugar topping by the family. And the economical homemaker might alternate sugar-consuming cakes and pies with sweet breads such as cinnamon rolls and blueberry muffins. Sugar can also be stretched in baked goods with honey, molasses, corn or other sirups. And liberal servings of fresh fruit in season can take the place of heavy desserts. Urge your listeners, of course, to can the maximum amount of perishable fruits possible with their canning sugar ration. It's possible to stretch the sugar in canning by replacing as much as half the sugar required with honey ... or substituting up to one-third of the sugar required with corn sirup. But advise home canners against using brown sugar or molasses to sweeten canned fruits, lest they discolor the product and overpower the natural fruit flavor.

The present allowance of 15 pounds of canning sugar per person will enable the home canner to put up 60 quarts of canned fruit for each member of the family ... if she follows the wartime canning rule and allows one pound of sugar to each finished four quarts of fruit.

BIG, DEEP AND CLEAN

Equipment note of the week comes from home canning specialists of the U. S. Department of Agriculture, who remind us that it's time to check up on the water-bath canners ... the vessels used to put up fruits and tomatoes and other acid foods.

Tell the home canners that half-a-million new enameled water-bath canners have been authorized for manufacture ... this year. Of course, many ingenious housewives will make their water-bath canners at home. They'll use lard cans, metal pails, kettles, wash boilers and similar vessels that are "Big, Deep and Clean", and that can be fitted with rack and lid to do a good canning job.

Strategic points to check in a water-bath canner are the depth, the rack and the lid. The water-bath canner needs to be deep enough to allow room for the rack and room to permit the water to boil briskly over the tops of the jars. You might call attention to the fact that pine makes a poor rack because resin boils out and gets on the jars. Remind home canners that the water-bath canner needs a good lid---one that will hold in some steam but not so tight as to bottle up steam and cause the can to burst.

WINGS FOR VICTORY

Have you been wondering when chicken supplies will again be on the favorable side of the ledger? The War Food Administration says there will not be much increase before late July ... And then only if poultry producers have responded to the WFA request for production of more chicken for use as meat. If farm flocks have not been increased substantially for this purpose, then consumers will notice the tight supply until September when the regular market season begins.

The Armed Forces are now taking about 7 million pounds of poultry a week from the major broiler producing areas of the nation. While this amount represents only a small portion of the total production for the year, it is a substantial part of the current production. The months from February to September are the off-season months for chicken marketings. Total requirements for the military forces may mean that about one out of every five chickens produced will be going to feed our forces here and overseas ... in camps and army hospitals. Because of the increased requirements for chicken by the Armed Forces, civilians will probably receive smaller quantities than in 1944 when the per capita share averaged about 23 pounds.

CATCHING RED POINTS WITH A CAN OPENER

Many of your listeners cook for just one or two ... and much of their food preparation may be done with a can opener. But that's no sign they can't salvage lots of used kitchen fat, and get some mighty handy extra red points for themselves in the bargain.

Here are just two suggestions you might like to give them:

When you open a can of sardines, tuna or salmon for sandwiches, salads, or snacks ... be sure and pour the oil into the fat salvage can. Too little to count? Don't you believe it. Every drop counts ... and every drop is needed.

THE SHAPE OF THINGS TO COME

Although your listeners won't be able to find large quantities of dehydrated vegetables on the market now, they are interested in these vegetables because of comments from the boys in the Armed Forces...and their possible use as a post-war product.

As far as the United States is concerned, the history of dehydration started during the Civil War. At that time small quantities of dried vegetables were included in the soldiers' rations. From then on dehydrated vegetables reappeared at various intervals, but it was during World War I that their real value was recognized.

It was then that the saving in storage and transportation was seen. Dehydrated products weigh about one-ninth as much as equivalent amounts of canned foods and occupy about one-fifth of the space. Such a saving has been important in World War II because supply and shipping problems are great.

All kinds of dehydrated vegetables are being sent to the armed forces. One which has been sent in large quantities is sweet potatoes. Six or seven pounds of this food can be reduced to one dry pound, and the shape varies. The potatoes may be sliced, shredded, powdered, or precooked.

Improved methods of manufacturing and cooking have made them more popular than they were at the beginning of the war. One important thing to remember is that the amount of water that has been taken out during dehydration must be replaced before the potatoes are cooked. A very small amount of sweet potatoes will then expand to make a large serving.

If there is enough demand, the homemaker will be able to buy dehydrated sweet potatoes and other vegetables...as well as dried eggs and milk...in large quantities on the post-war market. The most important advantage to her will be that she can store a sufficient supply in a small space, and she will have them on hand even when some of the products are out of season.

PEAS AND CUES

Civilian use of dry peas has increased sharply during the war period. For the five years before the war, the average use was estimated to be a half pound or less of dry peas per person per year. In 1942 and '43 when other protein foods were in more limited supply, the individual use of dry peas just about doubled in this country. So this year the crop is again being distributed at the 1943 level... or at an average use of over a pound for every civilian.

Split pea soup is the most popular way of serving this vegetable. The peas have been split to remove the fibrous covering or hull, and this eliminates the necessity of soaking and a long cooking period. The peas can be made into soup by adding only seasonings and water. However, a meat stock...the broth from a ham shank or smoked tongue...makes a desirable liquid base and provides additional food value and flavor. Carrots, parsley or celery are good vegetable companions, but stronger flavored vegetables should be avoided as they hide the characteristic taste of the peas. Bayleaf, thyme or savory in judicious amounts also add zest to the dish. These herbs should be added the last half hour of cooking, so that they will not become too strong. And garnished with toasted bread cubes or slices of hard cooked egg, split pea soup truly gets off to an appetizing start.

HOUSEWIFE...DON'T KEEP THOSE BOTTLES QUIET

As we have said before, the green pastures of late spring and summer mean that Bossy will produce more milk...and much of that extra milk produced during the season of flush production will go into civilian doorsteps and civilian grocery stores.

But here's the rub...those waxy milk cartons we've all become so fond of are a favorite with the Armed Forces, too...and there aren't so many of them available as we'd like to have.

As a matter of fact, it is possible that there will be more milk than containers to deliver it in...and because milk is such a perishable commodity, a great deal of it could be wasted because of a container shortage. So just to make sure there is a container available for each quart of milk, why not ask your listeners to start a roundup of glass milk bottles? There must be at least a few gathering dust in almost every house in the area.

If everyone would gather them up and take them to the grocery store, or return them to the milkman, then we'd be SURE of having enough containers to accommodate our extra bounty of milk. But unless the glass milk bottles go into distributor-channels now, we may not get the benefit of the extra milk.

TOMATO TIME IN TEXAS

The year 'round, tomatoes add their bright color, flavor and vitamin value to our diets. Fresh or "table" tomatoes are raised in truck and home gardens in practically every state in the union, but only about 20 states ship in carlot volume. The bulk of our early tomatoes comes from Florida, Texas, California, Mississippi, South Carolina and Georgia.

Right now, Texas is furnishing just about the total supply, and shipments will be heavy for the rest of the month. Because of an all-time record crop in this state about 300 to 350 carloads a day are moving North and East. When you realize there are approximately 650 lugs of tomatoes (30 pounds to the lug) in each carlot, you get an idea of the volume of tomatoes moving from the Lone Star State. And this does not take into consideration the quantities moving by truck.

These tomatoes are generally picked when they are mature but green. Some of them will completely ripen in transit others will be turning pink, and others will still be green on arrival at their destination. Usually a wholesaler repacks the tomatoes and furnishes the retailers his services with ripened tomatoes. Often he packs the product in one-pound individually wrapped cartons.

FOOD NOTES FROM ANCIENT WRITINGS

CUCUMBERS.....An early superstition associated cucumbers with Venus..... to dream of cucumbers meant falling in love almost immediately.

MARKET PANORAMA

Los Angeles

FRUIT IN MODERATE SUPPLY.....Oranges, grapefruit and lemons (higher), apples (ceiling), avocados (high)
IN LIGHT SUPPLY.....Tangerines (ceiling), strawberries (ceiling), Winter Nelis pears, cherries, loquats and kumquats (beginning to arrive)
BEST VEGETABLE BUYS.....Cabbage; celery
IN MODERATE SUPPLY.....Potatoes (ceiling), spinach and asparagus (slightly higher), peas and artichokes (lower), lettuce, Italian and white summer squash (higher), bunched vegetables, rhubarb (lower)
IN LIGHT SUPPLY.....Corn (high), sweet potatoes (higher), broccoli and peppers (high), eggplant (ceiling), snap beans (ceiling)

San Francisco

FRUIT IN MODERATE SUPPLY.....Oranges, grapefruit and lemons (ceiling)
IN LIGHT SUPPLY.....Chapman cherries (ceiling), strawberries (ceiling)
BEST VEGETABLE BUYS.....Asparagus, fava beans, Italian and white summer squash, lettuce
IN MODERATE SUPPLY.....Onions, celery and corn (slightly lower but still expensive), tomatoes
IN LIGHT SUPPLY.....Snap beans (ceiling), potatoes (most at ceiling)

Portland

BEST FRUIT BUY.....California oranges
IN LIGHT SUPPLY.....Apples (ceiling), grapefruit
BEST VEGETABLE BUYS.....Rhubarb, radishes, green onions, spinach, local greens, asparagus
IN MODERATE SUPPLY.....Lettuce (lower), onions (best coming from cold storage), tomatoes
IN LIGHT SUPPLY.....Celery, bunched carrots, hothouse cucumbers (ceiling)

Seattle

FRUIT IN MODERATE SUPPLY.....Grapefruit, oranges and lemons
IN LIGHT SUPPLY.....Tennessee strawberries (slightly lower), Washington apples (ceiling), Cuban pineapples
BEST VEGETABLE BUYS.....Cabbage, rhubarb, radishes, green onions, local greens, peas, spinach
IN MODERATE SUPPLY.....Broccoli, asparagus (lower), cucumbers (lower), tomatoes, celery (slightly lower), carrots, cauliflower, lettuce, dry onions, peppers, beets, turnips
IN LIGHT SUPPLY.....Potatoes

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Radio Round-up

on food...
San Francisco, California
May 19, 1945

A Service
To Directors of Women's Radio Programs

IN THIS ISSUE

- CANTEEN PLENIPOTENTIARY.....The UNCIO delegates are eating American food and liking it.
- SOVIET GARDEN PARTY.....Through Russian War Relief, Inc., the Russian people have been given seeds from America. They planted them on V-E Day.
- COTTON UP TO COTTON CONSERVATION.....Here's the situation on cotton textiles available to civilians...and what the Government is doing to help.
- HIGH-LOW.....The civilian quota of cooking fats will be almost 7 percent less for this quarter than it was in April, May and June, '44.
- RING LEADERS.....Experiments show that the 1945 canning jar rings are better than other war-time jar rings.
- ICE CREAM UMPH.....We civilians will be getting more ice cream during June...and it will be richer, too.
- COOKIES FOR THE BOYS.....Here are some suggestions on sending cakes and cookies overseas...types, shapes, and packaging.
- "EAST" CANNING.....Notes on the "cold water canning" method.

WAR FOOD ADMINISTRATION
Office of Distribution

CANTEEN PLENIPOTENTIARY

Have you been wondering how cosmopolitan San Francisco is feeding and housing the delegates of the 49 nations in attendance at the United Nations Conference on International Organization? As you know, the city by the Golden Gate has been congested with war workers, military personnel and their families since Pearl Harbor. So definite provisions had to be made to provide suitable food for the delegates, their official staffs and the unparalleled number of representatives of the working press.

Those in official attendance at the Conference are housed in the city's hotels, which turned away most of their normal transient clientele. The delegates eat the same food as any other visitor to San Francisco. They have the traditional wide choice of restaurants in this city which includes those in the famed Chinatown and International Settlement.

The one official eating place for the conference members is the cafeteria set up and operated by the American Women's Voluntary Services in the basement of the War Memorial Opera House. The Opera House is the site of the plenary sessions and is adjacent to the Veteran's Memorial Hall which houses most other conference meetings. In the cafeteria from 11:30 A.M. to 3:00 P.M., Monday through Friday of each week, the AWVS serves luncheon (table d'hote, \$1.00) to approximately 2,500 persons daily. Ambassadors rub elbows with clerical workers, generals and admirals stand in line with enlisted men. Everybody agrees that the cafeteria is a fine place to eat, and the plates all come back empty.

For the most part, the delegates are supplied with out and out "American" food and lots of it. A luncheon ticket entitles the holder to a choice of salad, fresh and abundant California vegetables, a choice of two entrees, dessert and beverage. Nor has California overlooked the opportunity to parade its repertoire of wines. An elaborate list is on each table, and an attendant supplies the vintage desired.

Delegates eat plenty of eggs

George Mardikian, well-known San Francisco Chef, supervises the menus and the cooking. The single concession to the eating habits of the foreign delegates is the weekly Wednesday fare of Armenian specialties. Mr. Mardikian thinks the exotic sounding dishes served on Wednesday are familiar fare to at least 25 of the nationalities in attendance.

The delegates express surprise at the plentiful supply of fresh eggs. They eat them frequently, and salads containing hard cooked eggs are the most popular. Illustrative of the variety of salads, are tossed green salad in bowls, cole slaw, hearts of lettuce, tomato and cottage cheese, Waldorf, and cottage cheese with fruit cocktail. Another preference noted by those working in the Opera House cafeteria is for rice. Usually there is a choice of potatoes and rice...with rice getting the greatest call. Aside from these instances, it's as though the foreign delegates were accustomed to American food as a regular diet.

The luncheon ticket also carries a stub entitling the holder to afternoon tea and cakes. The tea served each afternoon is brewed in samovars instead of being steeped. Members of the Russian delegation sip their tea in glasses with strawberry and raspberry jam added.

2000 volunteers a day

As for the sponsors of the conference cafeteria...the American Women's Voluntary Services operates 11 canteens in San Francisco. These require the daily services of 2,000 women...all work without pay. This organization offered its services to the State Department to establish and operate a non-profit cafeteria in San Francisco's Civic Center...scene of the conference, and rather distant from the main downtown district and restaurants.

The State Department gave its approval and the canteen opened for business Thursday, April 26...the day after the conference started.

The OPA allotted this project exactly the same point rations and sugar that hotels and restaurants get. The War Food Administration was able to assist by making available up to 10,000 pounds of turkey, previously set aside to provide holiday dinners for the U.S. Armed Forces. Also, they allowed a dairy products distributor, who supplies the canteen, an additional 500 pounds of quota-free milk fats for ice cream. Through its local Food Distribution Advisory Committee, the WFA also arranged with wholesalers and other distributors to make available adequate quantities of certain commodities...notably potatoes and meat...which might happen to be in short supply locally.

SOVIET GARDEN PARTY

Your listeners will recall the reports from Russia which told of thousands of people in villages all over that country going into the fields on V-E Sunday to plant their Victory gardens. Many of the seeds they used probably came from America.

Most people here know that the United States has been sending seeds to various countries through lend-lease, but they probably do not know about the seeds sent as gifts to some countries through War Relief Societies.

Last January Russian War Relief, Inc. in America shipped over 100,000 collections of different kinds of seeds free to the Russian people. Each collection contained seeds of 8 kinds of vegetables, and there were at least two packages of seed for each vegetable. Sometimes there were three. That arrangement made a total of 18 packages of seed in each collection.

The Russians themselves decided what kind of seeds they needed and their list included beans, beets, carrots, cucumbers, onions, pumpkins, radishes, and summer squash. All but radishes can be stored or otherwise preserved for the winter. When the collections arrived, the Russians were well prepared to receive them. The seeds were first sent to organized groups, or trade unions, in each town. Then the members of these unions distributed the seeds to the people. The Russians believe in giving their best workers in the field public recognition. A person, for example, who has done well in some factory or industry is presented with an achievement award medal at a public gathering in his home town. Another who has harvested an unusually good crop is given similar praise.

It was at just such gatherings that the seeds from America were distributed. Bands played; awards were made; medals were given. As a part of the ceremonies, the collections of seeds were given to people selected in advance by the trade unions. Veterans of the war and their families had first preference. Then the seeds were given on the basis of need and service. A large family was given more seeds than a small one. A person who was unusually successful with a previous garden was not forgotten. The distribution was fair.

COTTON UP TO COTTON CONSERVATION

Now is the time for all tips on conservation of cotton goods to come to the aid of the homemaker. The cotton textile outlook for civilians is very tight indeed. Here's the situation. First, civilian demand for cotton goods is greater than it has ever been. Stocks of cotton materials built up by past production have been used....in many instances the shelves are cleaned off.

Then, military requirements for cotton fabrics add to the odds against satisfying civilian demand. Those military needs recently reached an all-time high. Take duck and duck substitutes, for instance. Even though production of these materials in the first quarter of 1945 was more than four times larger than in pre-war days and further production increases were expected, the supply was short of the amount needed to make enough tents, tarpaulins and other products for the Armed Forces. Mills producing fabrics like denims, drill and coarse sheeting were converted to making tent twills. All possible supplies of suitable coarse cotton yarns were diverted to the duck and tent twill program. This left civilians feeling the shortage of drills, twills, denims...heavy work clothing fabrics... and towels more than ever.

Along the same line, military needs for fabrics made from combed fibers cut our civilian supply of fabrics like lawn, dimities and broadcloths. The Armed Forces must have material for gliders and airplanes; lawn for ponchos and handkerchiefs; cambric for insulation; insect netting; wind-resistant poplins, sateen and uniform twill. All combed yarn fabric mills are now reserving at least fifty percent of their production for meeting those needs. Also, looms making the fabrics are frozen to their present production.

OPA - WPB helping to improve the situation

So much for the factors which limit the supply of cotton fabrics available to civilians. They don't show the whole picture. From the distribution angle, OPA and WPB have acted to ease the cotton textile situation for civilians. The two agencies issued companion orders (OPA the maximum average price, and the WPB the M-388 with schedules A, B, and C). The effects of these orders can't be felt until the apparel manufactured under the new program begins to reach retailers. But they will put a larger percentage of low and medium priced cotton, rayon and woolen garments in stores for civilians this summer and fall.

Another WPB step is in the direction of getting piece goods for home sewing to consumers in small towns and rural areas. Preference ratings will be given to merchants in these areas for the special distribution of about 15,000,000 yards of cotton fabrics...pongee, voile, sheeting 42 inches and wider, print cloths, outing flannel and gingham. This is only a small percentage of all the piece goods available for civilian use, but it is a follow-up of a similar order applied during the first quarter of this year aimed to correct maldistribution.

So, while civilians do feel the pinch of cotton textile and clothing shortages, the government is attempting to improve the situation. The pitch, of course, on cotton textile tips for homemakers is conservation. Any household hints you can give your listeners on ways to get the most out of their cotton materials and to make their cotton clothes last will be all to the good.

HIGH - LOW

Lard, shortening, cooking and salad oils took a ration point rise recently to slow down movement of these edible oils into civilian markets.

Ever since the war started, civilian and industrial demands for fats and oils have been high. We had always depended on the Far East for some of our oil imports, and the Japanese conflict cut off this rich source. For the past two years the War Food Administration has urged maximum domestic production of fats and oils. And Congress has provided funds to encourage production of oil crops and other fats and oils. But even though out-put greatly increased, military and civilian and lend-lease needs were always larger.

Relief in 6 months...maybe

A reduction in the 1944 fall pig crop meant less lard this year. And farmers who raise soybeans and peanuts indicate that a little less land is devoted to these crops than last year. Because of our smaller total supply of all edible fats and oils, and because of the rapid movement into market, ration point rises were needed immediately. Industrial users as well as home consumers will be affected.

The shortage of fats and oils is not likely to be alleviated for about six months. By that time, lard, grease and tallow production will be higher as live-stock comes to market seasonally, and since oil crops will also be in harvest. Of course, the United States must be prepared to economize if any contribution is to be made to ease pressing needs in liberated countries.

For this quarter of 1945, civilians will find their share of lard and other cooking fats nearly 7 percent below the amount they were getting in April, May and June of last year.

RING LEADERS

Representatives from the government and industry have recently been giving the 1945 canning jar rings some experimentation. The food processing specialists were particularly interested in the sealing ability of the rings, and whether the rings would impart any flavor to the home-canned foods.

Results of the testing? The 1945 canning jar rings are an improvement over those made in 1943 and '44, however, the experimenters recommend that the rings be boiled in a baking soda solution---one quart of water to one tablespoon of baking soda for every dozen rings. Then the rings should be rinsed in clear, boiling water. The smell of the rings, in the carton, they decided, was not a reliable test as to whether the product would impart flavor to foods. Nor does ring color... black, brown or red...have a bearing on quality. All the rings tested had good sealing quality.

If your listeners have unused jar rings left from last year, these should still be good for use if the rings were kept under ordinary storage...that is in a place that was not too hot or damp.

The nation's orange crop, in the fiscal year ending June 30th, is expected to set a new record...106,788,000 boxes, which is four percent greater than last year's record crop.

ICE CREAM UMPH

Civilians will get ice cream in somewhat more generous portions during June... also this popular American dessert may be richer in milk fat. Here's why. During June, the War Food Administration is permitting manufacturers of ice cream and frozen dairy foods to increase by 10 percent the milk fat used in these products. Ice cream manufacturers may use this increase in May instead of June if they wish.

This doesn't mean unlimited production of ice cream. Manufacturers can use only 75 percent as much of the milk fats in making ice cream for civilians this June as they did in the same month in 1942. In July, they will again be limited to 65 percent of the ice cream they made during the corresponding month of 1942.

The change in milk fat quotas for ice cream is advisable because of the increased milk production during the flush season in May and June. However, this temporary relaxation should not be construed to mean a plentiful supply of all dairy products. Monthly quotas still have to be maintained on the total milk fat used in the manufacture of ice cream. This, so that as much milk fat as possible will be diverted to the manufacture of cheese, evaporated milk and butter... needed now more than ever...for the Armed forces and essential civilian needs. The change in the ice cream order will be important where manufacturing facilities for dairy products other than ice cream are limited.

And here's another note of interest...about 50 percent of the ice cream manufactured in this country for civilians is eaten in the four months...May through August.

THE SOONER THE QUICKER

After June it's possible you'll be seeing some soluble coffee again on the market. As you may remember, all soluble coffee has been set aside for government purchase since August 1944...because large quantities were needed for prisoner-of-war packages delivered by the Red Cross to men in German prison camps. The War Food Administration believes that the liberation of these men, and decreased demands by the military forces, will permit the military to obtain sufficient supplies by normal procurement methods. Thus, the 100 percent set-aside may be eased soon.

COOKIES FOR THE BOYS

Since so many of the boys aren't at home right now to raid the cookie jar, many mothers are asking just which kinds of cookies and cakes are best to send overseas.

Well, that's rather a problem, since the packages are often stored in parts of the ship where the engine room heat is intense...all of which makes any fat in the food turn rancid. Also, the packages are often roughly treated, so only foods packed in stout wooden boxes or containers of similar strength will stand the trip. Of course, the containers must be sealed so tightly that neither insects nor moisture can enter.

As for the types which travel best, soft, thick cookies will stand a long trip better than crumbly or crisp ones. And square shapes are less liable to break than round. Brownies or bars with a good deal of dried fruit in the mixture have been sent overseas satisfactorily. In the cake line, those made with honey or molasses hold their moisture longest.

"EASY" CANNING

Now that the rhubarb season is on, many housewives are asking about putting it up by the "cold water canning" method...a so-called "easy" process, in which raw pieces of rhubarb are put in jars, cold water is added, and the jars are sealed with no heating or processing. The same method has also been suggested for putting up gooseberries and sour fall grapes.

However, canning advisors of the U.S. Department of Agriculture point out that many home canners who have tried the "cold water" method report unsatisfactory results. The acid in these very tart fruits may keep them from spoiling when sealed in jars...but the fruits canned in this way keep little or none of the qualities which make them appetizing food. Rhubarb, for instance, loses color and flavor, and finally breaks down to a sour mush.

As most home-canners know, a successful canning method must do more than save the food from spoilage. It must also preserve as much of the nutritive value of the food as possible...and also preserve its good flavor, color and texture.

Canning rhubarb so that it holds all these good qualities is so simple that experimenting with dubious methods...however easy...is generally a waste of good time and food. The approved method of canning rhubarb is to cut it in half-inch lengths...and to each quart of rhubarb, add half a cup of sugar. Let the mixture stand to draw out juice. Then bring it to a boil. Pack in clean, hot jars. Cover with the hot juice, adjust lids on the jars, and process pint or quart jars for 10 minutes in the boiling water bath.

Enclosed with Round-Up is a copy of "Home Canning of Fruits and Vegetables". Nominal requests for additional copies can be supplied by the War Food Administration, Office of Marketing Services, Marketing Reports Division, Room 700, 821 Market Street, San Francisco 3, California.

GREASE FOR THE WHEELS OF VICTORY

To keep your listeners constantly aware of the fat salvage program...and yet vary your copy, is often a difficult task. So here is another partial list of the commodities which require fats and oils, or their by-products in manufacture or processing. We hope it will help you to assure your listening audience that salvaged fats are used not only in the manufacture of munitions and war supplies, but in many items necessary to life on the home front, too.

Smallpox vaccines
Reclaimed rubber
Animal food
Paint
Printers Ink
Rayon processing

Synthetic resins and laquers
Textile waterproofing
Meat casings
Vegetable parchment
Adhesives
Anti-freeze fluids

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT	DON'T WASTE FOOD	CONSERVE PAPER BAGS AND CARTONS
RAISE A VICTORY GARDEN	CAN ALL YOU CAN	USE RATION POINTS WISELY
USE ABUNDANT FOODS OFTEN		PAY NO MORE THAN CEILING PRICES

MARKET PANORAMA

Seattle

FRUIT IN MODERATE SUPPLY...Oranges, grapefruit and lemons (ceiling)
IN LIGHT SUPPLY.....Fresh pineapple (lower - reasonable), Washington apples
BEST VEGETABLE BUYS.....Cabbage and celery
IN MODERATE SUPPLY.....Texas cucumbers, dry onions, tomatoes, rhubarb, radishes
green onions
IN LIGHT SUPPLY.....Peppers, eggplant, fava beans, old and new potatoes,
asparagus, Texas green corn, lettuce, green peas,
local spinach, carrots, cauliflower

Portland

FRUIT IN MODERATE SUPPLY...Oranges, grapefruit, lemons
BEST VEGETABLE BUYS.....Rhubarb, green onions, radishes, spinach and mustard
greens
IN MODERATE SUPPLY.....Texas sweet corn (high), tomatoes, dry onions, lettuce,
beets, rutabagas
IN LIGHT SUPPLY.....Local cauliflower, old and new potatoes (ceiling),
bunched carrots, asparagus, celery, cabbage, peppers,
eggplant, cucumbers, good quality peas, turnips

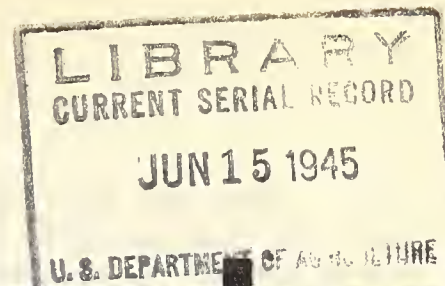
San Francisco

FRUIT IN MODERATE SUPPLY...Oranges, grapefruit and lemons (ceiling)
IN LIGHT SUPPLY.....Apples (ceiling), cherries (ceiling), avocados (high),
strawberries (high)
BEST VEGETABLE BUYS.....Lettuce, Italian and white summer squash, onions
IN MODERATE SUPPLY.....Asparagus, fava beans, celery and corn (lower but still
fairly high), tomatoes
IN LIGHT SUPPLY.....Snap beans, potatoes (ceiling)

Los Angeles

FRUIT IN MODERATE SUPPLY...apples, cherries (ceiling), grapefruit (higher),
oranges, lemons, avocados (high), (summer varieties
lower than Fuertes), loquats (high)
IN LIGHT SUPPLY.....Apricots (beginning to arrive), strawberries, Cuban
pineapples
BEST VEGETABLE BUYS.....Cabbage, new onions, white summer and Italian squash
IN MODERATE SUPPLY.....Kern County potatoes (ceiling), tomatoes, celery,
peas (slightly higher), lettuce, rhubarb (slightly
lower), artichokes, parsnips (slightly lower), bunched
vegetables, romaine (reasonable)
IN LIGHT SUPPLY.....Texas corn, carrots, banana squash (higher), sweet
potatoes (ceiling), snap beans (ceiling), cauliflower,
eggplant (ceiling)

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Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
May 26, 1945

I N T H I S I S S U E

- PANORAMA OF HUNGER.....The people of Europe will need around 12 million short tons of imported food in 1945 and '46, if large-scale starvation is to be prevented.
- CATCH AS CATCH CAN.....Here's the present fish situation, both fresh and canned.
- TIP OF THE SCALES.....We civilians are supposed to get around 115 pounds of meat apiece this year..... here's how that poundage is determined, and how much we get with ration stamps.
- BETTER THAN AVERAGE.....Even though we won't be getting as many calories this year as we did in '44, our civilian levels of nutrition will be generally above the pre-war level.
- WEATHER OR NOT.....A well-balanced diet means we need the same quantities of protein, vitamins and minerals in summer, as well as in winter.
- THE BUTTER SPREAD.....More on the butter situation, both military and civilian.
- THE MILKY WAY.....Along with the season of flush milk production, we have heavy supplies of cottage cheese.

WAR FOOD ADMINISTRATION
Office of Distribution

PANORAMA OF HUNGER

When you talk about hunger in Europe, you're likely to tell the story in terms of people...the pinch-faced child on the streets of Athens, the widowed young mother in Rotterdam, the emaciated French lad released from a Nazi slave camp. By focusing attention on the plight of the individual, you can present more strikingly the picture of Europe's hunger.

But to tell these individual stories effectively, you need to view them against the whole broad canvas of Europe's food picture...with background details of war destruction, disrupted agriculture, deteriorated transportation and distribution systems.

The food supply is monotonously and dangerously limited for most of the city dwellers of Europe...from Paris to Oslo, from Utrecht to Warsaw. Foreign agricultural experts in the U.S. Department of Agriculture report that continental Europe's supply of food from domestic sources for the year August 1945-46 will be the smallest since the war broke out. The decline from the 1944-45 level may amount to from 5 to 10 percent for the continent as a whole.

This decline is the result of many factors. The agricultural experts report that fertilizer supplies are limited...nitrogen has been curtailed for two years and the shortage of phosphate fertilizers goes into its sixth crop year. Then too, some agricultural land in combat areas cannot be put into immediate use because of the effect of military operations. Some livestock has been destroyed. Winter sowings have been below the previous year. And manpower, draft power and machinery are all problems.

Then there's the matter of distribution. Deliveries of food from farms to cities have deteriorated. Food processing factories have been bombed or burned. Sugar factories are often not in workable order. And the new governments that have been set up...while determined to carry out certain measures to better production and distribution...are in the transition period.

The average diet in continental Europe is now about 85 percent of the pre-war intake of energy. People in rural food-producing areas may not be greatly affected by a reduction in total supplies, but on the other hand, millions of people in cities may subsist on one-half of their pre-war calories. This means that the normal diet in Belgium does not provide more than 1,750 calories; 1,600 in Norway and below 1,500 in France...the total is even less in some other areas.

As the foreign agricultural experts review the decline in the production of food in Europe for the crop year coming up, they report that import requirements for a liberated continental Europe in the next year will be large. They say, "Considering requirements in terms of available supplies and shipping...and in terms of quantities necessary to bring about some improvement in liberated countries and to prevent large-scale starvation in enemy territory...a total of about 12 million short tons of food would be needed for the continent in 1945-46. This total could consist largely of wheat, but should also include substantial quantities of fats and animal protein food...as well as sugar."

In the future issues of Radio Round-Up, there will be stories on the food situation in individual countries in Europe. So look for these stories if you plan broadcasts on the urgent subject of Europe's hungry people.

CATCH AS CATCH CAN

If you're suggesting fish to your listeners as the principal protein headliner of a meal, you'll want to check up on the local supply first. The "catch" right now is that canned fish is in limited supply and there is no one variety of fresh fish available on a nationwide scale.

To meet increased military and other government needs for canned fish, canners of salmon, pilchards (California sardines), Atlantic Sea herring, Atlantic mackerel, and Pacific mackerel are setting aside 80 percent of their pack this year for government purchase.

Canned fish flakes produced from cod, haddock, hake, pollock, and cusk in Atlantic Coast canneries are all going for war requirements.

Although tuna and clam products are not affected by set-aside orders, they are not adequate to meet all the civilian demands for canned fish.

The best recommendation for the fish dinner then is one of the fresh or frozen varieties. Here's the supply picture across the country. In New England and the Middle Atlantic Area, haddock, mackerel, croakers, flounders, and whiting are the most generally available. In the Mid-West, halibut, pike, rosefish, and whiting are the frozen fish species now available. These are limited because there is such a demand for fresh fish on the Atlantic Coast, but they do supplement the supply of fresh fish from the great lakes. In the South Atlantic states, shrimp, sea trout, and catfish are the most generally available. On the West Coast, halibut, salmon, and crab are the present market leaders.

TIP OF THE SCALES

Probably you've read that the present outlook on meat means a distribution of about 115 pounds per person this year. But the homemaker who checks up on her ration coupon values knows she can't get 10 pounds of meat a month.

Well, that per capita figure takes into consideration total meat supplies.... not only that part of the supply that goes to people directly for ration stamps but also meat used indirectly.

To begin with, the 115 pound figure is based on carcass or wholesale weight. In the butcher store, part of that poundage will be lost through shrinkage and trimming...perhaps one out of every fifteen pounds. Then, the consumer must remember that the butcher shop is not the only source of her meat supply. Restaurants, hospitals, school lunchrooms and war plants serve the home front and draw on the civilian meat supply. Some of the total also goes into canned soups, baby foods, pork and beans, and even pharmaceuticals.

One and one-eight rationed pounds a week

A lot of farm families produce their own meat and this amount doesn't move for ration points. Some meat goes into black markets. So, all these uses, plus normal shrinkage, take about 40 to 50 percent of the share allocated to civilians. Instead of 115 to 120 pounds per capita bought with ration stamps, the figure is more likely 60 pounds. This means present point values are set at about one and one-eight pounds per person a week.

BETTER THAN AVERAGE

Here's the bright spot in the latest report by the USDA Bureau of Agricultural Economics on the food outlook: Measured by nutrition standards,

the civilian population of the United States is eating better balanced meals than before the war. Nutritionists of the U.S. Department of Agriculture say, "Civilian levels of nutrition in 1945 will be generally above the pre-war level, although somewhat below 1944."

It's true that the number of calories in the average civilian diet this year will be 5 or 10 percent lower than last year...unless people eat more grain products than now seems probable. That's because less sugar, fats, oils and meats are available this year. The cut in pork reduces supplies of niacin and thiamine about 10 percent.

But the number of calories available will be practically as large as during the pre-war years of 1935-39, and will average about 3,200 a person a day. That's more than any recognized standard requirement for the average of the whole civilian population. In the United States, studies show that -- on the average -- the civilian population needs roughly between 2,700 and 2,800 calories per person a day.

And from a nutritional point of view, the civilian in this country is eating better than he did in the years before the war, because he's drinking more milk (26 percent more) and that means protein, calcium and riboflavin; he's eating more green and yellow vegetables, more tomatoes and citrus fruit, which add up to more vitamins A and C: And the grain products he gets have higher food value because they've been enriched with iron, niacin, thiamine and riboflavin.

WEATHER OR NOT

Eating for good nutrition is a year-round schedule. But in the hot summer months, many people ease up on fats and fatty foods, and some go easier on certain types of protein foods and starches.

Along this line, you might point out to your listeners that food needs are not materially different in summer. Most people work at the same job all year and have the same energy or calorie requirements regardless of season. And the quantities of protein, vitamins and minerals needed for nutritional well-being do not change in summer, either.

The Basic Seven - winter and summer

In the continual job of pointing up the worth of a well-balanced diet, perhaps a logical place to begin is on the subject of breakfast. Nutritionists recommend that breakfast provide from one-fourth to one-third of the day's total food. One breakfast pattern includes fruit, cereal...with milk and sugar or other sweetener...bread and butter or fortified margarine, and a beverage. Some people like to add an egg to this meal, some omit the cereal and have the egg. But all who plan to meet vitamin C needs of the day will be sure to include a generous serving of fruit, fruit juice or tomato juice at the breakfast.

As for other meals of the day, it's easy to appeal to lagging summer appetites when the garden offers a variety of vegetables with fresh color and choice of texture. The Basic Seven chart is a good year-around menu guide.

THE BUTTER SPREAD

Civilians will get the same amount of butter during June and July as they received in April and May.

Though the coming two months are months of seasonally large production for butter, government purchases are also higher. War requirements for this commodity in 1945 exceed any previous time. By buying now, the government can fill the bulk of its yearly requirements and lower the take when production is smaller and needed for the home front. For this reason the War Food Administration is reserving 55 percent of June and 50 percent of July butter output.

And as to that question, why is butter for civilians in such short supply? Well, while some butter is made in every state in the Union, most states cannot fill all the local demands and depend on the Mid-West dairy area for a good portion of their supplies. In pre-war times, a plentiful supply of butter would be made in the Mid-West in the flush milk season and kept in cold-storage warehouses across the country for sale to consumers during the winter months.

Since the war, civilians have been drinking more fluid milk than ever before; ...also war requirements for condensed, evaporated and dried milk, cheese, dried ice cream mix...as well as for butter...have been very large. It follows that we can't drink our milk and also eat it as butter.

And here is another factor often overlooked by the folks at home. Military and lend-lease purchases take a much larger percentage of other manufactured dairy products than of butter. Fifty percent of our cheddar cheese and evaporated milk and 90 percent of our dried whole milk go for war uses...only 20 percent of our butter.

FRUIT DISH COMING UP

Coming up in June is the peak of the southern peach crop.

Last year over 26,000 cars of fresh peaches were shipped to market in the whole United States. To indicate the size of the 1945 southern peach crop... the three states of Georgia, North and South Carolina will ship over 20,000 cars of peaches alone this year.

The U.S. Department of Agriculture estimates that the crop from those three states will come close to 16 million bushels although not more than 23,000 cars by rail and truck will move into the fresh fruit market. Some of the peaches will be culled, some will be used locally, some will be canned. The first peaches from Georgia are white peaches and are not generally canned. Consumers prefer the yellow ones for canning. However, because the over-all fruit supply will be smaller this year as the result of a freeze in the Northeast and Central states, the U.S. Department of Agriculture hopes more of the white peaches will be canned in 1945.

About 70 percent of this large crop will move to market from June 25 to July 22. High school boys and girls and women will pitch in at the harvesting time. And laborers from the Bahamas and Jamaica have been brought in to work in the orchard packing sheds.

A few cars of these southern peaches go as far West as Denver and North into Canada; however, the principal distribution is East of the Mississippi. Western markets get their early peaches from California.

THE MILKY WAY

In the old days, women took milk baths to make their skin smooth and satiny. Today, we take our milk internally...and although there may be enough for every woman to have a milk bath, now that milk production is in the flush season, there are several more practical uses for our rivers of milk. Let's trace just one of those rivers, from its source in the green, lush pastures of the country, and see what happens to it.

First the whole milk in this particular river is rushed from the dairy farms to the creamery from where some of it is delivered to the doorsteps of homes, to grocery stores, schools and restaurants. The cream is separated from some more of it, and skim milk is left.

What happens to this large supply of skim milk? Cottage cheese, of course. And right now, since there's so much milk being produced, processors are making all the butter they possibly can, and naturally, they're making a great deal of cottage cheese, too.

In the port cities of the West...in Seattle and Portland, San Francisco, Los Angeles and San Diego, the cottage cheese supply may fluctuate. One day the grocery stores may have an ice box full, and the next day, they may have none. That's because the ships that come and go in these cities are loading their larders with cottage cheese to feed the troops and crews that are on their way out.

But in spite of the fact that the supply may fluctuate, there is plenty for everyone. And, since so many of our protein foods are rationed, here's our chance to "cash in" on the season, and get lots of ration-free protein to help build and repair body tissue. Cottage cheese also contains several of the B vitamins. And it's a versatile summer food, combined in cool, refreshing salads with either vegetables or fruit...or in any number of ways in main dishes or desserts.

In various places, the container situation may be tight. Some stores may sell cottage cheese only in bulk, doled out in oyster pails instead of the usual round, waxy box. But no one should object to that, because we are lucky to be able to get so much of a non-rationed, protein food, just at the time when it's most convenient to use it in summer meals. We're lucky on another score, too.... since V-E Day, the manpower situation has improved somewhat, so there are no dams in the particular river of milk which is going into cottage cheese.

Here's an unusual recipe you might like to pass on to your listeners. It's called Old Dutch Cheese "Cake".

1 cup cottage cheese
2/3 cup sugar
1/2 cup milk

2 beaten egg yolks
1 tablespoon melted fat
salt
2 tablespoons cornstarch

Flavor with a little lemon juice and grated rind, with mace or nutmeg

Mix the ingredients in the order given. Bake 25 minutes in a moderate oven or until brown. Makes a very firm custard.

SPADE WORK AHEAD

An ill wind blowing much rain and bad weather over many parts of the country has slowed down home gardening to an alarming extent. Gardeners who were enthusiastic over the prospects of growing food at home a month ago are in danger of losing interest under the damp influence of the weather.

But the fact is, while wet weather may have caused gardeners to lose out on some of the early garden crops, there's still time to put in major crops like tomatoes, beans, greens, corn and squash. The best of the gardening season lies ahead of us.

You are in an excellent position to urge discouraged gardeners to stay on the job. Food needs this year exceed those of any other war year...larger than our prospective production can possibly supply.

SPEAKING OF TOMATO PLANTING

Tomatoes are the Number One home garden crop, because they are easily grown on reasonably good soil...if you have enough sun and a moderately even soil moisture. They are the easiest of all the vegetables to can. They're rich in vitamin C, either fresh or canned...also good as a source of vitamin A. They're a favorite food generally, either fresh, canned, as a juice or in relishes. And this year, the military demand for commercially processed products will be heavy, so it's more necessary than ever for civilians to can their own tomatoes.

When buying plants, choose those that are stocky, bright green, about 8 inches tall, with 4 or 5 pairs of leaves. Avoid those that have been crowded in growth so they look tall, pale and spindly. Also, those with thick, woody purple stems and a course look...signs that they were planted too early and then held back in growth. And here's another buying tip...if it's at all possible, check on varieties when selecting tomato plants. Find out which varieties are most successfully grown in your area, and will answer best your canning and table tomato needs.

When it comes to water, moderate, but even moisture is what tomato plants need. The shift from moist to dry soil causes the blossom end to rot. But a layer of dried lawn clippings, leaves or other mulch put on the ground around the plants before dry hot weather arrives, is very helpful in conserving soil moisture.

Fertilize tomato plants like other garden crops...except for manure or straight nitrogen fertilizers. Too much nitrogen may cause excessive leaf growth and the dropping of blossoms...all of which will result in fewer tomatoes from your garden.

FOOD NOTES FROM ANCIENT WRITINGS

TOMATOES.....Tomatoes belong to the Nightshade family, of which Irish potatoes, peppers and eggplant are also members. In fact, the eggplant and the tomato are so closely related that the French often used to confuse the two. They called them both "pomme d'amour", or love apple.

MARKET PANORAMA

Los Angeles

FRUIT IN MODERATE SUPPLY.....Cherries (lower), lemons, oranges, loquats, avocados (high), grapefruit (higher)
IN LIGHT SUPPLY.....Apples (best at ceiling), Cuban pineapples, cantaloup (ceiling), apricots, strawberries (ceiling) youngberries, gooseberries, figs (high)
BEST VEGETABLE BUYS.....Celery, cabbage
IN MODERATE SUPPLY.....Onions (higher), tomatoes (best at ceiling), corn (high), Kern County new potatoes, Italian and white summer squash (higher), rhubarb (lower), asparagus and peas (slightly higher), cauliflower, romaine, bunched vegetables
IN LIGHT SUPPLY.....Lettuce (ceiling), banana squash (high), sweet potatoes (best at ceiling), carrots, eggplant and peppers (ceiling), cucumbers (ceiling)

San Francisco

BEST FRUIT BUYS.....Oranges, grapefruit and lemons
IN MODERATE SUPPLY.....Cherries (slightly lower), apples and avocados
IN LIGHT SUPPLY.....Cantaloups, watermelons, apricots and peaches (ceiling)
BEST VEGETABLE BUYS.....Asparagus and peas
IN MODERATE SUPPLY.....Artichokes, lettuce (slightly higher), onions
IN LIGHT SUPPLY.....Potatoes

Portland

FRUIT IN MODERATE SUPPLY.....Oranges, grapefruit, lemons
IN LIGHT SUPPLY.....Apples, avocados, cherries
BEST VEGETABLE BUYS.....Asparagus (home canning season now), spinach, radishes, green onions, mustard greens, parsley
IN MODERATE SUPPLY.....Lettuce, cabbage, peas
IN LIGHT SUPPLY.....Potatoes

Seattle

FRUIT IN MODERATE SUPPLY.....Fresh pineapple (slightly lower), grapefruit, lemons, oranges
IN LIGHT SUPPLY.....Apples, cherries, Valencia oranges, avocados
BEST VEGETABLE BUYS.....Celery, zucchini squash, tomatoes
IN MODERATE SUPPLY.....Peas (slightly higher), broccoli, cabbage, cucumbers, green corn, lettuce, onions, rhubarb, spinach, yams, green onions
IN LIGHT SUPPLY.....Asparagus (higher), new potatoes, carrots, cauliflower

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Radio Round-up

on food...

A Service
To Directors of Women's Radio Programs

San Francisco, California
June 2, 1945

IN THIS ISSUE

- LIGHT UP A CANDLE.....The gal-at-the-mike on Round-Up's masthead celebrates her third birthday this week.
- YOUR MARKET REPORTER.....He knows all, sees all, and tells all about the markets.
- CATCH UP.....We'll see more dehydrated tomatoes, now - point free, too.
- PRESERVATION AND THE MAN.....Paul C. Stark is new Director of Home Food Supply.
- TEST BY EXPERTS.....Home canners can get the best in tested techniques.
- ON A HIGH "C" NOTE.....The Valencia oranges are in...smaller than usual, but just as good as ever.
- DUTCH DEARTH.....To rebuild the Netherlands, the Dutch people will need food...lots of it.
- SOAK BEFORE YOU SET.....How to keep new tomato plants from wilting. Plant enough to eat fresh and canned.
- CORN COBS IN THE GAS TANK.....Sounds silly, doesn't it...but look on page 7.
- KILL ONLY THE BUGS.....Precautions for handling insecticides.
- ALADDIN'S LAMP.....Used fats are a miracle material of war.

WAR FOOD ADMINISTRATION
Office of Distribution

L I G H T U P A C A N D L E

A third birthday rolls around for Radio Round-Up, June 5th. The girl-at-the-mike who made her appearance on the banner of Round-Up six months after Pearl Harbor has now topped 155 issues.

Birthdays are personal events for the celebrator. For a publication there is a personal life only in terms of the people and the policy behind it. So the girl-at-the-mike drops her mimeographed stance and takes you into her private life.

Foodcasters get it first

First of all, about 80 percent of each weekly issue is written in Washington, D. C. This material is rushed by wire and airmail to the five area headquarters...New York, Atlanta, Chicago, Dallas and San Francisco...of the Office of Marketing Services, War Food Administration. Each area editor adds news of regional interest and a survey of local markets. Then Round-Up is mimeographed for Saturday exclusive mailing to radio stations... On Wednesday of the following week, a second mailing is made to other key information people and home economists who have requested the service.

As for the people who are the life of Radio Round-Up: Your Round-Up reporter is your contact with food and fiber specialists in the Department of Agriculture and the War Food Administration. Your reporter interviews authorities on various commodities for highlight stories of the week. She finds out the foods in good supply and the reasons why certain items are limited. She includes other features of interest to homemakers such as articles on clothing and equipment.

Especially for you

All material is written in a background style that is easily adapted to your script and program. This way the same copy can be used by several foodcasters in the same city.

Radio Round-Up was started because directors of women's radio programs asked the War Food Administration and the U.S. Department of Agriculture for factual information on the ever-changing food picture. Department of Agriculture planning reaches out into the future....estimating food and fiber needs and production possibilities, conducting research in nutrition standards, home economics, food conservation and marketing....just to mention a few projects.

As this service "written especially for you" starts out its fourth year, your suggestions for a more helpful Round-Up are welcomed.

YOUR MARKET REPORTER

Can you call the attention of your listeners to the arrival of watermelons, bananas, avocados or any other scarce item on the local market? Are you sure you know the fruits and vegetables which are in plentiful supply at produce stands in your city?

When you want a day-to-day check on the fresh produce in your area, you can depend on the Market News man, if you're in a city where the War Food Administration and U.S. Department of Agriculture maintain a Market News office on fruits and vegetables.

The U.S. Department of Agriculture, through its Market News Service, has issued reports on fruits and vegetables at producing, shipping and receiving points for as long as thirty years. The service was started because farmers and farm leaders had no accurate record as to whether fair prices were being paid at various markets across the country. This widespread system is now a vital factor in our nation's business.

The first report, in 1915, covered only fruits and vegetables. At present, seventy-one year around Market News Field offices report on some 100 farm commodities...livestock, dairy and poultry products, cotton, tobacco, wool, seed, hay, grain, feed, rice, peanuts, honey, plus fruits and vegetables. In addition to these offices, seasonal offices are maintained from a few weeks to eight or nine months in about 40 fruit and vegetable producing areas.

Each Market News Reporter at the various branch offices is an authority in his field. One man knows fruits and vegetables, another has specialized in dairy products, and so on. The market information is collected to meet the specific needs of the producers and distributors of a commodity.

He tours the markets daily

The fruit and vegetable reporter, for example, goes to the market during the trading sessions early each morning. He walks through the farmers' markets and through the Commission Houses where shipped-in produce is received. He collects information on supply, quality and price from the various buyers and sellers. Then he returns to his office and quickly edits the facts he has assembled. Commercial Radio Wire Services get immediate coverage. Trade, press and newspaper men are given information. Local produce exchanges post prices from this report. The Market News Offices also mail out hundreds of reports daily to growers, shippers and the trade in general.

Around 500 Radio Stations broadcast market reports every week day. Farmers eagerly follow this up-to-date information for a greater bargaining power. These reports tell them the supply of a commodity, how great the demand is and what the prevailing prices are.

Broadcasters of women's programs who want to know what the produce supplies are will also find these market reports helpful. While you probably will not be quoting wholesale prices, you can get a general price trend from the reports. And of course, you will know about the supply and the quality of a given commodity. The Marketing Reports Division, Office of Marketing Services, War Food Administration, Room 700, 821 Market Street, San Francisco 3, California, will be glad to provide more information about the commodities covered in these reports and will tell you if there is a Market News Reporter in your city.

CATCH UP

A product your listeners will be hearing more about is dehydrated tomatoes-- a commodity made from tomato puree or paste.

Under lend-lease, the United States sent great quantities of dehydrated tomatoes to Russia in two forms...as dehydrated soup and as flakes. The flaked product, before it is reconstituted, looks like a pink powder and has only about a 5 percent moisture content. The Russians used the tomato flakes as a flavoring for other food products and as a base for soup. Because both the dehydrated products kept well in an Arctic climate...where foods with a high liquid content would freeze...they were especially popular with the Russians.

The distribution of these dehydrated tomato products in the United States has been limited largely to restaurants, institutions and hotels. But use of them was the same here as in Russia. In addition though, another dehydrated tomato product...dehydrated catsup...has been distributed in this country.

Although your listeners may have seen dehydrated tomato products in food speciality stores, they have not seen many at their local grocery. Now that America will not be sending these products to Russia under lend-lease, homemakers will see them more and more in their home markets if there is a demand for them. They will be able to buy dehydrated tomato soup, flakes and catsup in 3 1/2 ounce jars.

There are many values in these products for the American homemaker. Tomatoes in these forms retain their color, are highly concentrated and point-free.

PRESERVATION AND THE MAN

Probably you've heard by this time of the appointment of Paul C. Stark as Director of Home Food Supply in the War Food Administration. His job will be to pull together all the work in the field of American home food production and preservation.

In announcing the appointment, President Truman urged all to make every effort to increase the production of food by enlarging and continuing their Victory Garden plantings. He also placed home food preservation on the same level of importance as food production, since the war requirements for commercially processed foods have increased.

TEST BY EXPERTS

"By rule of thumb", it's time for more information to go out to home canners. But if there's one place where "rule of thumb" does not apply, it's in home canning. For saving garden-fresh vegetables and fruits, the home canner wants techniques tested by the experts. She wants to know the best methods of preparation, when and how to use boiling water bath and steam pressure canner, proper processing times, how to figure the yield of canned food from fresh, types of jars and how to seal them, best way to store her canned food, and how to guard against spoilage. All of this information may be found in the booklet, "Home Canning of Fruits and Vegetables", compiled by canning specialist of the U.S. Department of Agriculture. You will find the booklet a handy reference for your talks on home canning. If your listeners want a free copy of this bulletin, tell them to write to the Office of Information, U.S. Department of Agriculture, Washington 25, D. C. and ask for "Home Canning of Fruits and Vegetables", Bulletin No. AWI 93. Urge them to write now as it takes a while for requests to be filled.

ON A HIGH "C" NOTE

Just about all the oranges on the nation's markets now are Valencias from California and Arizona, as the Florida orange season is nearly over. The indicated Valencia production this year in California is almost 38 million boxes....7 million boxes more than last year's record.

Along with the bumper crop forecast comes the news that there will be a great number of small sizes in these summer Valencias. An orange with a diameter of about 2 and a half inches will be considered large this summer, and 252 of this size can be packed to a box.

There are various theories to account for this year's unusual quantity of small oranges. Of course, you can't nail down one reason. Rainfall and average temperature may be contributing factors. Then too, there was a heavy bloom on the trees...and with no thinning as is done with apples or peaches...the oranges were bound to be small.

Many good things come in small packages

Since there's a tendency for Americans to go for "big" things, you'll want to point out to your listeners that they'll have to string along with mother nature this summer. But in the case of oranges, you can point out that there is plenty of good in small packages.

Pound for pound the small oranges give equal amounts of juice when compared with larger oranges...and they are usually more economical to buy. Besides being juicy, these Valencias are thin-skinned and practically seedless. The small size is especially suited to summer juice uses...in beverages and party drinks. And a generous glass of juice at breakfast will go a long way toward supplying the Vitamin C needs of the day.

To save time in extracting juice from the small oranges, you may want to tell your listeners to cut off the stem end and ream out the juice from the oranges in one operation. Be sure to accent the "stem" end though when you suggest this quick method of reaming.

FOOD NOTES FROM FAR AND NEAR

BERRIES.....Blackberries must have been plentiful in Shakespeare's England. In "King Henry IV", he said, ... "If reasons were as plentiful as blackberries."

The blackberry is native to the North Temperate region of the Old World. It's used extensively as a hedge plant in the British Isles.

"Blueberries", "huckleberries", "bilberries" and "whortleberries"... do you know the difference? It's not surprising if you don't, as they're interchanged in the markets in a most confusing manner. Blueberries and huckleberries are similar in looks and use...but the blueberry is tame, so the berries are larger, have fewer seeds, and are usually sweeter than huckleberries, which are wild. Bilberry is the European name for huckleberry, and in some parts of the United States, we call it "whortleberry".

DUTCH DEARTH

The sturdy, apple-cheeked boys and girls who peopled the large cities of pre-war Holland, today are thin, pale and hungry. The situation, as reported by the Office of Foreign Agricultural Relations of the U.S. Department of Agriculture shows that the lack of food supplies in the Netherlands has grown more acute since last fall. The plight of the Western Dutch - those in the provinces of North and South Holland and Utrecht where nine out of ten are city dwellers - is desperate. Deprived of their stores and sources of supply in the past year, cut off from the rest of the country upon which they depend for food, unable to grow their own food because they do not have enough land, these Hollanders have been on near-starvation rations since last autumn.

In other areas of the Netherlands, war's bleak shadows also darken the food picture. Livestock has been destroyed and land made unproductive by the flooding operations. Mills and other processing equipment have been destroyed. Railway transportation has failed. The potato harvest was cut by a return of military operations to the area. A considerable part of the sugar beet crop could not be processed. A further decline in food production is in prospect for the coming year; so it's obvious that the Dutch people can not look to their own agriculture for relief this year.

If the people of the Netherlands get the food they will need in order to rebuild their cities and repair the countryside, it will have to be imported in large quantities from other parts of the world.

SOAK BEFORE YOUR SET

Before setting tomato eggplant and pepper plants in your Victory Garden, here are a few tips suggested by the plant scientists of the U.S. Department of Agriculture to keep the tender young plants from wilting.

Water them well and give them a few hours to take up the water and refresh themselves before being moved to a new location. Also damp soil makes it easier for the gardener to separate the plants and lift them from flats or pots. Soaking the ground well, where they are set in the garden, is also necessary. As a "start solution", soak them in about 3 tablespoons of fertilizer to a gallon of water, which will help give the plants a quick pick-up.

HOW MANY TOMATOES CAN YOU EAT?

When planting tomatoes, you might like to go by this suggestion....Victory Garden advisors of the U.S. Department of Agriculture say that a dozen to 15 tomato plants for each member of the family should provide enough for eating fresh, and also for canning, in most parts of the country.

However, in the northernmost states, where the tomato season is short, gardeners may need to put in twice as many plants and concentrate their canning in the height of the season.

CORN COBS IN THE GAS TANK

Every day we hear about some new process which will turn a waste product into something useful. The USDA Northern Regional Research Laboratory at Peoria, Illinois, has come up with an interesting one....it's a process for the chemical conversion of agricultural wastes such as corn cobs, peanut shells, flax shives, oat hulls, cottonseed hulls and burs, into a liquid motor fuel and other commercially valuable products. Results of experimental laboratory investigations indicate that from 90 to 95 gallons of liquid motor fuel can be obtained from a ton of corn cobs or cottonseed hulls...about a half of this in the form of ethyl alcohol.

The laboratory at Peoria has worked out a continuous process for the treatment of corn cobs and cottonseed hulls, and has obtained such promising results that the work is to be enlarged to a semi-commercial scale.

USDA experts estimate that around a million tons of agricultural residue might be available for use in this new process for the production of liquid motor fuels. Corncobs will be the first of these materials to be tried out on a large scale in the new plant, which will be completed within the next four months.

KILL ONLY THE BUGS

The safe use of insecticides is awfully important when you're raising a Victory Garden. And just to make sure that everyone knows how to use them safely, here are a few simple rules:

Take extra precautions when handling and using the more poisonous insecticides, such as:

arsenicals - calcium arsenate, lead arsenate and paris green.

fluorine compounds - such as sodium fluoride, sodium fluosilicate, and cryolite.

nicotine compounds

Don't keep sodium fluoride or other household insecticides where foods are stored. See that they're distinctly marked. This will avoid possible mistakes...such as the use of an insecticide for baking powder.

When mixing or applying insecticides, take extreme care to keep the ingredients out of the mouth and eyes. Don't spray or dust the garden with legs, arms or shoulders bared. And wash the face and hands thoroughly after using any insecticide.

See that all containers in which insecticides are stored are plainly marked. Keep them tightly closed, and in a specially selected place...preferably under lock and well out of the childrens reach.

ALADDIN'S LAMP

Your used fats are a miracle material of war...and they're vitally needed to work more and more miracles. For instance, one pound of fats will help make 19 pounds of synthetic rubber. By saving one tablespoon of fat each day, you'll have a pound in a month...and don't forget, the butcher gives you two red points when you turn it in.

MARKET PANORAMA

Seattle

FRUIT IN MODERATE SUPPLY.....Grapefruit, oranges, lemons, cherries
IN LIGHT SUPPLY.....Avocados, pineapples, California Bing cherries
(just arriving)
BEST VEGETABLE BUYS.....Homegrown asparagus, lettuce and spinach, celery,
tomatoes, green onions, rhubarb, radishes
IN MODERATE SUPPLY.....Texas green corn (much lower), broccoli, dry onions,
green peas, yams, green onions
IN LIGHT SUPPLY.....Cabbage, beets, rutabagas (higher), Danish squash
and parsnips (high), carrots, cauliflower, new potatoes,
cucumbers

Portland

BEST FRUIT BUYS.....Oranges (sizes are small)
IN MODERATE SUPPLY.....California cherries, gooseberries (reasonable)
IN LIGHT SUPPLY.....Strawberries, bananas
BEST VEGETABLE BUYS.....Asparagus, new crop cabbage, green onions, radishes
spinach, rhubarb, local peas, lettuce
IN MODERATE SUPPLY.....Texas corn
IN LIGHT SUPPLY.....New potatoes, carrots

San Francisco

FRUIT IN MODERATE SUPPLY.....Grapefruit, oranges and lemons
IN LIGHT SUPPLY.....Apricots, figs, peaches, raspberries, youngberries,
Imperial Valley cantaloups and watermelons.
BEST VEGETABLE BUYS.....Asparagus, onions
IN MODERATE SUPPLY.....Cauliflower, peas, spinach, squash and tomatoes,
lettuce, celery, chard, potatoes
IN LIGHT SUPPLY.....Beans, carrots, cucumbers, eggplant and peppers

Los Angeles

BEST FRUIT BUYS.....Oranges, grapefruit, lemons
IN MODERATE SUPPLY.....Apricots, avocados, cherries
IN LIGHT SUPPLY.....Apples, strawberries, youngberries, figs, peaches
BEST VEGETABLE BUYS.....Cabbage, celery
IN MODERATE SUPPLY.....Asparagus, artichokes, broccoli, beets, cauliflower,
corn, lettuce, onions, peas, rhubarb, squash, tomatoes
IN LIGHT SUPPLY.....Beans, carrots, eggplant, cucumbers, peppers, potatoes

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F.B. R.I.S.



Radio Round-up *on food...*

A Service
For Directors of Women's Radio Programs

San Francisco, California
June 9, 1945

I N T H I S I S S U E

WHEAT FOR MANY.....American wheat will be plentiful again this year.

SAVING THE "MAKINGS".....About consignment selling of bread.

BABY BUSINESS BOOMS.....Canned baby food consumption jumped 30 times since '35.

JUAN'S NOT WAN.....School lunch in Puerto Rico

NORSE NEEDS.....Here are some Norwegian food problems.

DOCTOR ORDERED.....Some facts about rural medical care.

A WAY WITH TOMATOES.....How tomatoes get from the garden to you.

FIRST COURSE STUDY.....On canned soups...another large pack this year

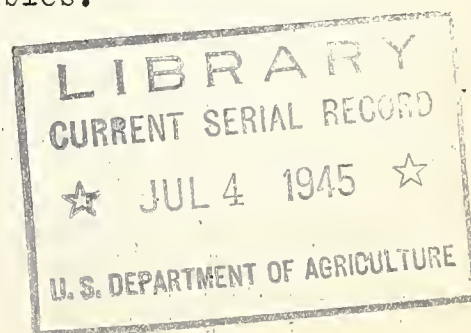
HOW YOU SEE IT.....More on the butter situation.

BOSSY DECLARES A DIVIDEND..... But she needs our help to package it...our old glass milk bottles.

IT'S IN THE ENVELOPE.....Bulletin enclosed this week.

MARKET PANORAMA.....West Coast shopping guide for fruits and vegetables.

WAR FOOD ADMINISTRATION
Office of Distribution



WHEAT FOR MANY

Remember the figure for the bumper wheat crop last year? Because of that better-than-a billion bushel yield in 1944, the United States had enough wheat on hand January 1 this year to send at least 250 million bushels to our allies and liberated peoples in Europe. All this...and still enough to provide for military and domestic requirements.

Even though our country had this amount for distribution abroad, actual shipments during the current year will probably fall short of the requirements. Not only did bad weather last winter tie up rail shipments, but there is a shortage of railroad cars to get the wheat to our own ports. Then too, there is a shortage of sacks for the flour and grain. Because European port facilities have been so damaged, little grain can be shipped in bulk. Shipped this way, the grain must be taken from the ship at a port by the use of a "marine leg"...an endless upright belt having cups that scoop and carry grain...directly into an elevator at the port. In some ports a suction device unloads the grain. During the bombardments, many of these port facilities were destroyed; so we must send more of our wheat in sacks. This sacked grain can be lifted by a crane on the ship directly to the dock. Or if the dock is destroyed, the sacks may be transferred to a small boat alongside the cargo ship and unloaded by man-back on the beach.

With many foods limited, it's consoling to know that another large wheat crop is on the way. Even if export needs increase and there are heavy demands at home, the 1945-46 wheat supply picture continues favorable. But it's well to explain that while there will be wheat to meet all export needs in terms of grain, our over-seas shipments in the form of flour will be somewhat restricted during the 1945-46 crop year. Lack of adequate labor in the milling industry, and shortages of sacks and transportation facilities will be factors to consider. Also, total requirements for flour during the next few months will be greater than we have the milling capacity to meet. It's hoped that docks and flour mills abroad will be improved, because it's going to be necessary for over-seas claimants to take a portion of their requirements in whole grain form instead of flour.

SAVING THE "TAKINGS"

It used to be that when the bread man delivered fresh loaves at the grocery store, he would pick up the loaves that were unsold from the previous day's delivery. Now the grocer must pretty well estimate the amount of bread he will sell daily because consignment selling of this bakery product has been prohibited since January 1943 by War Food Order No. 1...the same order, by the way, which requires that white bread and rolls be enriched.

Consignment selling is banned because it is wasteful of such critical ingredients as shortening, dried milk and sugar. Surveys showed that when bread and other bakery products were returned to bakers by retail grocery stores the products were usually used as feed for animals, but often the bread was destroyed.

If your listeners notice the bread shelf is almost empty at the close of day, they can be assured their grocer is carefully estimating his bakery order these days so that only the bread that will be used will be made. This ban on consignment selling is very important to homemakers because it has assisted in maintaining the present price level on bread. To make sure this protection is enforced, the War Food Administration immediately investigates any reported violations and United States attorneys have been requested to start action against violators.

BABY BUSINESS BOOMS

Children under 3 years-of-age are important customers these days for canned foods. The production of canned baby foods was only 12 million pounds in 1935. Sales of these foods in 1944 boomed to a total of 279 million pounds. (This figure includes purchases for service commissaries in this country).

This year another increase in production is expected. While the total may be about 30 times larger than in 1935, the consumption per child under three (the approximate age group of customers for the product) hasn't increased quite as much...because there are about 40 percent more children in this age group than in 1935. However, on a per child basis, canned baby food consumption in 1945 may be about 44 pounds compared with a little over 2 pounds in 1935.

Canned vegetables compose about 45 percent of the out-put; fruits, 25 percent; meat compounds, 20 percent; and custards and fruit desserts, 10 percent. The increase in production is due to the variety, convenience, and nutritive value of the products. At present canned baby foods are point-free.

JUAN'S NOT WAN

In this day of war and plans for future peace, radio listeners have heard much about other nations. In thinking about the welfare of the world, they should especially remember the Americans outside the United States in such places as Alaska, Hawaii, and Puerto Rico.

One important function of the War Food Administration's Office of Supply is the procurement of foodstuffs for Puerto Rico. The actual procurement of foodstuffs, however, is only part of the job. The important thing is to improve the diet of the Puerto Rican people.

For years the staple diet of Puerto Rico has consisted of beans, rice, and cod fish. Custom has played such a big part in the eating habits of these islanders that they don't even like a change in the variety of beans. Incidentally they prefer red kidney beans. If red beans are not available in the U.S. for shipment to Puerto Rico and a pink variety is sent, care must be taken to explain why. This information is given to the Puerto Rican people by radio as a part of the War Food Administration's island-wide broadcasts.

One way the Puerto Ricans are really learning to improve their diets is through the School Lunch Program. Every day 200,000 children, or one-tenth of the population, eat a well-balanced, hot meal at school. The adults then learn through their children about balanced meals.

So you can see, the method of improving the Puerto Rican diet is gradual, the school children there are still eating beans, rice, and cod fish, but they are eating other things too. The school lunches include health-giving foods such as evaporated milk, dried eggs, greens, salads, oatmeal, cornmeal and flour.

Soy beans, a food with high protein content, was the first food served in school lunches on a large scale. The Puerto Ricans liked them very much, and one reason probably was that the soybeans were served in Puerto Rican style with tomato sauce, onions, and green peppers...which, incidentally, is an elegant way of serving soy beans in any country.

NORSE NEEDS

When you talk about Norway - remind your listeners that the food situation for these heroic Northlanders is serious. Specialists in Foreign Agricultural Relations for the U.S. Department of Agriculture spotlight the picture as follows:

In normal times, the Norwegians raise their own potatoes and some vegetables and berries. They supply their own dairy products and depend on their own fishing industry to provide a good part of their food. To balance their diet, the people of Norway, in normal times, import fruit and some vegetables. And of course, they import coffee (which is very popular in the Northland) and sugar.

German occupation cut imports of food into Norway to the minimum. Then enemy requisitions made the supply of fresh fish highly uncertain in all parts of Norway away from the coast. To add to the grim picture, the grain and potato crops of Norway were below normal, last year. The potato crop was perhaps 40 percent below that of 1943.

All of this adds up to an acute food shortage. It means that if rations were fully available, the normal consumer might get perhaps a total of 1,600 calories a day. But this is often not the case. And these light rations rarely include meat, they have very little sugar, and daily fat rations are roughly about a half an ounce for each person. Special food imports from Sweden are used to serve hot meals to children and aged persons. The active workers - the farmers, fishermen and miners - as well as other adults in Norway have far too little food to meet their needs. Although the distribution of fish will be increased now that liberation has come, Norway must depend on other countries for her supply of other food.

DOCTOR ORDERED

A late-burning light tells the traveler through a sleeping country-side that an anxious farm-mother keeps a vigil at the bed of her sick child. And that lone farm lamp also illuminates one of the big problems of rural life in the United States -- the need for widespread, adequate medical care for people who live miles from the doctor, miles from the hospital, and in some cases, miles from the nearest neighbor and a telephone.

If you're planning some programs on this topic, here are some facts shown in a study made recently by family economists of the U.S. Department of Agriculture that you will find helpful as background materials:

(1) Farm families spend less money for medical care than city families of similar income; (2) unlike city families, farm people seldom have access to free clinics; (3) when the farm family pays the bill for some unexpected and major illness, it takes a devastating slice of the family's annual income; (4) the country doctor is a familiar and beloved figure on the American scene. But unlike Abu Ben Adhem, his tribe is not increasing. Even before the war, fewer young doctors were going into rural areas to set up practice. The war had depleted the ranks of the country doctors trained in modern methods. And rural communities face the problem of getting these men to come back and also of inducing more young men coming out of medical schools to take up rural practice.

A WAY WITH TOMATOES

For the next two weeks, the tomatoes you see in the market will be coming chiefly from Texas and Mississippi with Louisiana furnishing smaller quantities.

Red-ripe tomatoes do not market well and would not stand the required long trip to distant markets. So, the bulk of the Texas crop heads for produce markets as "green-wraps".

When picked at exactly the right time, "green wraps" ripen in transit or storage and are then regraded and resorted before they reach the vegetable counters of retail stores.

Considering that farmers grow tomatoes by the acre, with a minimum of outside labor, both the plant and the product are handled with almost unbelievable care. From the time tomatoes leave the farms in wagons, jalopies, and trucks, the marketing is geared to the highest possible speed. There is no sadder sight than an overripe tomato and the usual "tomato deal" tempo is like that of a news-paper staff working against a deadline.

The tomatoes move into the local market, carefully sheltered from the sun, usually being hauled in the early morning or late afternoon. Bidders clamber onto the vehicle, judge the quality of the load, and bid on the lot.

When the load is sold, it moves into the buyer's shed where the tomatoes are subject to another careful examination, perhaps sized on conveyor belts, before the choicest are wrapped individually in tissue paper and placed in wooden boxes called tomato lugs.

Lids are speedily nailed on by machines. The operator then whirls around and places the lug on another conveyor belt which carries it directly into the waiting boxcar. More experienced labor is waiting in the car, ready to stack and make fast the lugs in such a way that the fruit will not be crushed in transit.

Probably the first rough treatment the average tomato gets is when it finally reaches the grocery store and gets thoroughly squeezed by some careless shopper to see if it is soft. Tons of tomatoes and other vegetables are ruined annually by thoughtless shoppers. This year we can't afford to waste any of our food supplies.

FIRST COURSE STUDY

About as much canned soup will be made for civilians this year as last... which means a pack of over 865 million pounds. While this quantity is 86 percent larger than the 464 million pounds consumed in 1933, it's below the pack in 1943. The processing of canned soups has been somewhat restricted in the past three years because of tin and manpower shortages. Seasonally packed soups, such as asparagus pea and tomato are at present unrestricted in their use of tin. Those soups that can be processed the year around, such as chicken noodle, vegetable and consomme are currently restricted to 100 percent of their 1943 usage of tin.

Figures are not available for the types of soups preferred before 1943, but in the past two years, tomato soup has made up more than a third of the commercial pack of soups. The desire for larger quantities of prepared, easy-to-serve foods has resulted in the increased demand for canned soups.

NOW YOU SEE IT

June is one of the peak months of butter production. Homemakers who know this and for the first time in months see butter in the refrigerator at the grocery store wonder why they still must give 24 red points per pound.

The fact that butter is in evidence doesn't mean the total civilian supply is any more plentiful. For the year, civilians are expected to get an average of about 10 pounds per person. At present point values, the rationing program has more evenly spread out available civilian supplies across the country. If points were lowered substantially at present, the commodity would again move too rapidly, and civilians would not have supplies for this winter.

Butter supplies are limited for two principal reasons. We're drinking more milk than ever before. And we just can't drink our milk, have additional quantities used for cheese, evaporated milk and ice cream, and still have unlimited amounts of milk left for the production of butter.

For the second reason, government agencies...chiefly the military forces... may buy 40 to 50 percent more butter this year than in 1944, and the bulk of their year's order will be taken during the flush season.

BOSSY DECLARES A DIVIDEND

Yes, right at the moment, Bossy and her sisters are working overtime in the flower patch so we can have an extra dividend of milk. Of course, it's nothing unusual. Every year around this time we have an extra supply of milk. But this year, if we civilians are to get the benefit of the seasonal milk dividend, we'll have to cooperate with Bossy and take up a collection...a collection of glass milk bottles.

Here's the situation. Right now there are serious restrictions on those waxy paper milk cartons we've all become so attached to. The supply is especially limited on the West Coast, partly because of the heavy demand from military hospitals. But this is one shortage story that can very easily have a happy ending.

All we need to do is take a few minutes off from the regular chores of the day, and investigate those back corners of the garage, or the basement or the attic...the back porch, or even the back yard. In every house on the block there must be from two to a dozen empty milk bottles gathering dust and cobwebs somewhere on the premises.

So let's all take up a collection of our old milk bottles, and return them either to the milk man or to the grocery store. If everyone of us does it, we'll be absolutely sure of getting the full benefit of the seasonally heavy supply of milk. If we don't turn in the bottles, we civilians won't get the milk, because there will be no containers to put it in.

The dairymen have been doing all right by us...milk production has increased during the war until now we're drinking more milk than we ever have before. All of which has helped to raise our national nutritional level. So it's our patriotic duty to drink as much milk as we can, and to be as healthy as we can. The dairymen and Bossy have done their share...now it's our turn to help them, and ourselves too...by rounding up those milk bottles.

IT'S IN THE ENVELOPE

The 12-page bulletin enclosed with Radio Round-Up this week provides six answers to that question, "Where, oh where, is our meat?"

You will find this publication worthwhile to look over, for it tells what the government is doing to make more meat available on the home front.....and it also includes some suggestions for public action.

NEW COAT FOR FROZEN FOODS

Ever hear of "dip-coating"? Sounds like a process involved in making chocolates, doesn't it? But no. The U.S. Department of Agriculture has announced a new method...dip-coating, for covering frozen foods, which avoids many of the disadvantages of the wrappers in use today.

The frozen food is dipped in a molten liquid which becomes solid on contact and leaves a film over the frozen food. This covering has no folds, cracks or seams to allow air to reach the food or to allow moisture to escape. When the food thaws slightly, the covering proves easy to slip off.

At the present time, plasticized paraffin has performed very well as a coating. Later on, synthetic resin or laquer may be developed for this purpose. The coating material must be odorless, chemically stable, non-toxic, insoluble in water, firm but flexible at low temperatures, and easy to apply and remove.

TO MARKET, TO MARKET...BY AIR

According to the Transportation Branch of the WEA, the crops which are most likely to go to market by air in the future are the highly perishable fruits and vegetables. Because of the speed of air freight, perishable fruits may be shipped when riper and finer in flavor than when shipped by rail. Air transport would also save not only time but labor and materials in shipping such crops as tomatoes, cauliflower, lettuce and plums.

At present tomatoes, are picked when mature green (see page 5), wrapped separately in paper, packed in heavy lug boxes and shipped under ventilation, heat or ice. If shipped by air, tomatoes could be picked when uniformly ripe and pink, packed in retail-size containers and distributed directly to grocery stores, thus eliminating much time and labor.

Cauliflower goes to market in heavy wooden crates with much of the outside leaf material on each head to cushion the white center against bruising. Shipped by air, heads could be trimmed more closely and packed in lightweight crates...a saving of much weight. By fast transport, expensive icing of lettuce would be unnecessary.

The Hopi Indians of Arizona knew and grew 80 varieties of corn before the white man arrived here. By selection and crossing, early man had developed maize from some ancient seed-bearing grass. Today, maize is so highly civilized that it can neither compete against weeds unassisted by man or survive at all in the wild state. It has become corn.

MARKET PANORAMA

Seattle

FRUIT IN MODERATE SUPPLY.....California cherries, grapefruit, oranges, apples,
bananas
IN LIGHT SUPPLY.....Florida watermelons (reasonable), avocados (higher)
Cuban pineapples (higher)
BEST VEGETABLE BUYS.....Cabbage (homegrown), tomatoes (lower), bunched beets,
turnips
IN MODERATE SUPPLY.....Asparagus (lower), broccoli, carrots, cucumbers,
dry onions, green peas, rutabagas, peppers
IN LIGHT SUPPLY.....Celery, lettuce, rhubarb, spinach, green onions,
radishes, potatoes (ceiling)

Portland

BEST FRUIT BUYS.....Gooseberries
IN LIGHT SUPPLY.....Strawberries, cherries, apples (old crop), oranges
BEST VEGETABLE BUYS.....Asparagus, tomatoes
IN MODERATE SUPPLY.....Lettuce (lower), cabbage, spinach, rhubarb, peas,
beets and turnips (lower), cauliflower
IN LIGHT SUPPLY.....Summer squash (high), carrots (ceiling), celery (higher)

San Francisco

BEST FRUIT BUYS.....Cherries (Bings at ceiling, others lower), Youngberries
(lower), apricots (ceiling)
IN MODERATE SUPPLY.....Oranges, grapefruit, lemons, Florida mangoes (lower)
IN LIGHT SUPPLY.....Peaches, plums, cantaloups (ceiling), watermelons,
apples
BEST VEGETABLE BUYS.....Asparagus
IN MODERATE SUPPLY.....Onions, potatoes, carrots
IN LIGHT SUPPLY.....Squash and spinach (lower), celery (higher),
artichokes, beans, peas

Los Angeles

BEST FRUIT BUYS.....Apricots, Youngberries (lower)
IN MODERATE SUPPLY.....Cantaloups (ceiling), cherries
IN LIGHT SUPPLY.....Peaches (ceiling), watermelons, avocados (high),
apples, grapefruit, Eavel and Valencia oranges, Cuban
pineapples (high), strawberries, Florida mangoes,
bananas (ceiling)
BEST VEGETABLE BUYS.....Onions
IN MODERATE SUPPLY.....Potatoes, corn (high), celery (slightly higher),
asparagus (lower), cabbage, lettuce (ceiling),
bunched vegetables, cauliflower, squash (lower),
tomatoes, rhubarb
IN LIGHT SUPPLY.....Beans (ceiling), cucumbers (lower), eggplant, sweet
potatoes, broccoli, carrots (ceiling), peppers (lower),
artichokes (higher)

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U.S. DEPARTMENT OF AGRICULTURE



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

JUNE 16, 1945

IN THIS ISSUE

- CERE-OUS CONTEMPLATION...Latest headlines from the U.S.D.A. crop report.
- COME IN ON CANNING...All-out for home canning in '45 is the pitch.
- ABOUT THAT LAMB CHOP...Lamb is an all-the-year-round meat.
- AN ORDER FOR CHEESE...We civilians will get more foreign-type cheese now.
- PRESIDENTIAL PLEA...President Truman urges us to help fill the American larder.
- "SOMETHING YOU DIDN'T EAT"...9 minutes of Disney's technicolor.
- ASK THE GAL WHO OWNS ONE...Notes on home-freezing units.
- COTTON CHECKS...Dark clouds are the forecast for civilian cotton goods.
- WOOL GATHERING...More wool fabric for the military this year than last.
- LEFTENANT TUBER RETIRES...Britain's "Potato Pete" has lost his job.
- THEN...AND NOW...Compare our food production of this war with World War I.
- KEEP 'EM WORKING...How to get the most food from those Victory Garden rows.
- HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM...Eight different ways...at least.

War Food Administration
U. S. Department of Agriculture

Room 700
821 Market Street
San Francisco, California

CERE-OUS CONTEMPLATION

June days are on the land and food is in the making. Here are some headlines from the latest crop report of the U.S. Department of Agriculture.

For our daily bread, the biggest wheat crop ever is in prospect. The winter wheat yield is expected to be the second largest in our history. This, plus average yields from widespread acres planted to spring wheat, will bring prospective wheat production to 1 billion 85 million bushels. A record crop of early Irish potatoes from ten southern states and California is in view. The tonnage of commercially raised vegetables exceeds last year, and if growers succeed in carrying out their planting intentions, our processors will have the yields from a record-high acreage to can, freeze, pickle or dehydrate in 1945. (A large percentage is slated for the services). Total fruit production is expected to be near to the high out-put of last year, despite frost damage to the deciduous fruits. Citrus prospects continue favorable in all producing states, except Florida, where there has been little rainfall.

It's well to note that while the total fruit picture is hopeful, it is also one of many contrasts. The largest peach crop on record is expected from ten southern states this year. The heaviest production will center in Georgia and the Carolinas...about 16 million bushels compared with about 9 million bushels for the ten-year average. The week for peak shipments of this crop will be from July 8 to 14. However, because of certain transportation limitations, it will take a week or more for many of these peaches to reach their destination; so that the peak week of supply on the markets is expected to be July 15 to 21. These southern peaches normally go as far north as Canada and to practically all markets east of the Mississippi. This season they are expected to go also to many markets west of the Mississippi.

While there will be beautiful peach and sweet cherry crops, apple and sour red cherry crops will be limited. In the Northeast and Mid-Atlantic area as far south as Virginia, prospects are very poor for nearly all fruits because of spring freeze damage. The total apple and sour red cherry crops in these areas will possibly be at record lows. It follows that the commercial packs of these fruits will also be small. In the South and Central states, fruit crops are generally good...except for Florida citrus and Arkansas apples...Most fruits in Michigan and Ohio are below normal.

In the West, the outlook is bright for practically all fruits. Production of grapes and prunes will be above average and larger than last year. Crops of pears, plums and apricots will be shorter than last year but above the average.

COME IN ON CANNING

When giving your listeners these food prospects, it's an opportune moment to plug home canning of fruits and vegetables. Our civilian supplies of commercially canned fruits and vegetables are now at the lowest point of the war. Next winter they will be one-fourth less than last year. The packs of tomatoes and snap beans, for example, will be about half the size of last year's after military needs are filled. The fruit summary means that the homemaker who wants a variety of canned fruits for her family next winter will have to can her share of fresh market supplies as they appear.

ABOUT THAT LAMB CHOP

Civilians will soon notice more lamb roasts and chops at their markets. The reason for this is that the War Food Administration recently reduced by 5 percent the quantity of the three top grades of lamb which must be set aside by federally-inspected packers for the Armed Forces. While lamb and mutton make up a relatively small percentage of our total meat supply...about 5 to 7 percent...this release will improve our current meat supply.

From a marketing point of view, lamb is one of our few all year round meats. For example, the heavy marketing season for finished beef cattle is from December to May. The heavy marketing period for pork continues from October through March. There is no such definite season for lamb.

Here's the cycle

Around Easter-time the lamb on the market comes chiefly from California. The Tennessee lambs are ready for their appearance, with those from Kentucky, West Virginia and Virginia marketed well into June. After that, the Ohio lamb season starts, and in the late summer lambs come principally from the ranges of Idaho, Montana, Wyoming, Colorado and Utah. About 60 percent of these range-fed lambs are sold for immediate slaughter. The remainder go to feed-lots in Colorado, Nebraska and the corn belt states, where they are fed and marketed during the winter and early spring. The last of these feed-lot animals go on the market about the time the first spring lambs arrive from California---thus completing the marketing cycle.

AN ORDER FOR CHEESE

Perhaps you've heard that the War Food Order which limited the manufacture of foreign-type cheese has been suspended for the rest of June and until July 15. Over a year ago, the War Food Administration placed quota limitations on these cheese varieties to assure the manufacture of a sufficient supply of cheddar cheese for domestic, military, and lend-lease requirements. But now that milk production is at all-time record levels, the limitation is not necessary.

If your listeners are wondering what this easing up of restrictions will mean to them in the way of more cheese, here are some tips. There will certainly be more of the foreign-type cheese available. Increased supplies of cream and soft Italian cheese varieties will be noticed soonest. These varieties do not require any long aging period. The harder cheeses such as Swiss, Gouda, and Blue need to be held in aging rooms anywhere from six weeks to two months, so it will be a while before you will notice these products in your markets. The really hard varieties used for grating, such as Parmesan will be still slower making an appearance, because they must age about 16 months.

Although more of the foreign-type cheese is on its way, there will not be any increase in cheddar cheese for civilians. The set-aside for army and lend-lease purchase is now at the highest point so far this year...with 70 percent of our June production for these claimants.

PRESIDENTIAL PLEA

To emphasize your talks about the importance of Victory Gardens and home canning, you may want to quote some of the following excerpts from a recent release by President Truman.

"In this fourth year of war, the need for every ounce of food which the American people can produce and preserve is greater than ever before.

"The supply lines to feed our troops and the millions fighting and working with them are the longest in the history of warfare. Along the thousands of miles of these lines, food must be kept moving. Our soldiers in Europe are eating more canned fruits and vegetables because they are changing from combat rations to regular meals.

"Beyond our tremendous military requirements lies the task of working with other nations to help liberated peoples regain their strength and rebuild their countries. There can be no lasting peace in a hungry world.

"We Americans must do our part to help swell the nation's food supply."

"SOMETHING YOU DIDN'T EAT"

Walt Disney has combined entertainment and instruction on the Basic Seven food groups in a nine-minute cartoon feature, "Something You Didn't Eat." In a simple, sometimes amusing, always entertaining manner the film offers a capsule course of instruction in the field of diet education.

This animated technicolor cartoon was made by the Walt Disney Productions on behalf of the War Food Administration. It will be premiered June 26 in Washington, D. C., New York City, Chicago, Dallas, Atlanta, Los Angeles and San Francisco. A welcome by M. L. Wilson, Director of Extension Work in the U.S. Department of Agriculture and Chief of the Nutrition Programs Branch, War Food Administration, has also been filmed as a prologue for the premier in each city except Washington. Mr. Wilson will appear in person at the first showing in the nation's capital. All showings on June 26 are under the joint sponsorship of Nutrition Committees, The War Food Administration, and the Office of War Information. Those who attend will be members of Nutrition Committees, public officials, civic organizations, trade and food associations. Plans are now under way to have special speakers at these first showings.

After the premieres, the film will be released as an added attraction in commercial theaters beginning June 28. Then, after September 1, the cartoon will be available in 16 millimeter prints for showings at church, school, civic and other group gatherings. Those groups interested in having the film for a meeting can apply to the Office of Information, U.S. Department of Agriculture, Washington 25, D. C.

ASK THE GAL WHO OWNS ONE

In the blueprint of postwar plans drawn up by the average home-maker, a new home freezing and storage unit occupies a convenient location. News that home freezers are coming back on the market has heightened interest. However, most women want to know some of the features they need to consider when they get ready to buy.

A study made at Cornell University and based on reports by 98 families in New York State who were using home freezers in 1942-43 offers some suggestions. To begin with, the homemaker will need to decide whether she wants a combination freezing-storage unit or a unit that is mainly a storage box. The Cornell study shows that a box with a capacity of 6 cubic feet will hold from 175 to 225 pounds of mixed frozen foods -- fruits, vegetables and meats -- if properly packaged. For a family with access to bulk storage in a central locker plant, a box with a capacity of 6 cubic feet may be ample. The family who wishes to store more of the food supplies at home may need a much larger unit. Other angles the homemaker will want to check on -- say the New York users -- are mechanical operation, uniform temperatures, moderate power, and convenience in use.

Mrs. Homemaker will want to know if the home freezer will maintain an adequate near-zero temperature with little variation either up or down. She will want to know how many kilowatt hours per month it will require. She will ask how long the unit will keep food frozen in summer if the power should go off. She will want a freezer that operates quietly and one from which it is easy to remove the frost. She wants a freezer that's convenient to use.

A much needed improvement -- New York users say -- is some way of keeping the food organized in the storage unit so that it may be easily found. They suggest movable partitions to separate food groups, baskets, racks, sliding trays or shelves, or revolving trays or drawers.

COTTON CHECKS

The prospects for much more cotton goods for civilians this year are not too optimistic. The cotton mills of this country are working on civilian and military orders placed months ago. And the cotton mills are far behind on these orders because of the labor shortage.

The cotton mills have not even been able to make delivery of certain kinds of military goods fast enough to meet the needs of the services. For example, the Armed Forces -- to get delivery sooner -- have accepted twill where duck would have been more suitable. The manpower shortage isn't the only factor limiting civilian cotton goods this year. Our armies in the Pacific theater need almost twice as much cotton fabric as our European soldiers. The men are issued two kinds of uniforms...one for tropical weather and one for wear in the cooler islands north of the Philippines.

The bright weave in the cotton picture for civilians is that there may soon be more low-priced essential cotton garments. Recent actions by OPA and WPB will mean that more of the cotton material available to civilians will be converted into such apparel as childrens' clothes, work clothes, and underwear.

WOOL GATHERING

Once again, the stage is set for the preview of fall woolens before the familiar backdrop of khaki. The textile mills of the United States will turn out more wool fabric for military use this year than they did last year...that's assured. Civilians will get the remainder.

Demand on the home front for woolen goods will continue high. Taking their place in the line at the clothing store this fall will be thousands of men released from military service.

The average homemaker will focus her attention on the supply of low and medium priced garments - such things as children's snow suits, mackinaws, and other short jackets for men and boys. Good news for her will be the word that 60 percent of the wool available to civilians will be allocated to manufacturers who are producing in the lower price ranges.

There's also a possibility that the textile mills of the United States may step up their total output of wool fabric. Increased production rests on the supply of skilled labor. There's plenty of raw wool. There are enough looms and spindles. Bottleneck in the textile industry has been manpower shortage. This may be eased as men are released from military service, and as workers are no longer needed in certain other war plants.

LEFTENANT TUBER RETIRES

Not very long ago Potato Pete was an important personality in Great Britain. During the days of the Britain Blitz and the submarine warfare, when food was increasingly hard to get in England, he was the man who went on the air almost every day to exhort the people to eat more potatoes. That was one available food, and Pete used to remind the English of various ways to serve potatoes.

Pete's job...plugging potatoes...is over now. England, as well as continental Europe, is beginning to get more variety in food. Because the European war has ended, those countries are able to start raising more food themselves, and help from other countries is possible.

Until the 1946 harvest, European demands for food will be heavy. To do her part, the United States has three basic types of food export programs excluding the military.

The first of these is lend-lease, which, at the present, is mainly for the United Kingdom and British Services overseas. The second program operates through the Foreign Economic Administration. Under this system, countries that have bought food from the United States in the past may continue to do so.

The third export program is UNRRA, or the United Nations Relief and Rehabilitation Administration. As the name implies, this organization includes not only the United States but all of the United Nations.

The food that is being sent includes rice, American cheese, condensed milk, canned fish, dried whole milk, spray dried skim milk, black tea, dry beans, and dry peas. The U.S. will also continue to ship seeds...particularly such varieties as alfalfa, red clover, white Dutch clover, Kentucky bluegrass, wheat, rye, corn, oats, barley, and beans to help the people of Europe to help themselves.

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THEN.....AND NOW

Your listeners may be interested to know just what has been done in the production and use of food during this war, as compared with World War I. Here are the facts, as presented by War Food Administrator Jones in a brief statement to the members of Congress:

The United States has produced 50 percent more food per year in this war than in the World War I.

With 10 percent fewer workers on farms, and with total national population up a third, our people have had about 10 percent more food per capita during this war than in the 1917-18 period.

During the present conflict, twice as much food has gone annually to the armed services and for overseas shipments as was used for these non-civilian outlets each year of the last war.

Judge Jones also points out that this record has been accomplished despite a shortage of labor and machinery, and other handicaps. "In view of the fact," he said, "that the primary obligation of the WFA is to assist in securing war food production, we take pride in this magnificent production record."

KEEP 'EM WORKING

And by keep 'em working, we mean those rows planted to a Victory Garden. According to Victory Garden Headquarters at the U. S. Department of Agriculture, the idea is to keep gardens...especially the small ones...planted for full production. The food is needed badly, and there should be no idle rows in small gardens, no land allowed to loaf, wasting sunshine, moisture and plant food that might be put to work producing food.

In the North, it may take careful planning to doublecrop much of the garden, but in the South the long season allows for three or four yields from many a row. Almost everywhere the passing of early crops such as onions, radishes, peas and early greens allows for a replanting of the rows with tomatoes, beets, carrots, green beans and sweet corn, which have moderately short growth periods.

In most of the Western region, the season permits early, medium and late harvests of sweet corn. In many gardens, it may be practical to plant new hills of corn between the old hills long before the early corn is ready for picking. Then each stalk of the first crop can be cut out as soon as the corn from that stalk is harvested. With careful spacing and careful footwork in cultivating and gathering crops, it is often possible to start a whole new row between the old rows which are well-advanced. That way, you have your second crop well under way to make use of the space as soon as the corn planted earlier stops yielding so well.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT	DON'T WASTE FOOD	CONSERVE PAPER BAGS AND CARTONS
PLANT A VICTORY GARDEN	CAN ALL YOU CAN	USE RATION POINTS WISELY
USE ABUNDANT FOODS OFTEN		TURN IN ALL GLASS MILK BOTTLES

MARKET PANORAMA

Seattle

BEST FRUIT BUYS.....Tartarian cherries
IN MODERATE SUPPLY.....California apricots and plums, small size oranges,
grapefruit, lemons.
IN LIGHT SUPPLY.....Washington Bing cherries (ceiling), strawberries (at
retail stands), apples, avocados (high), fresh Cuban
pineapples.
BEST VEGETABLE BUYS.....Homegrown cabbage, cauliflower, bunched beets,
turnips.
IN MODERATE SUPPLY.....Broccoli, lettuce, potatoes (lower) squash, green
onions (lower), dry onions, spinach, tomatoes (slightly
higher).
IN LIGHT SUPPLY.....Zucchini squash, Alabama cucumbers, California eggplant
carrots (ceiling), asparagus, celery, green peas,
green corn, peppers.

Portland

BEST FRUIT BUYS.....Grapefruit.
IN MODERATE SUPPLY.....Local strawberries, oranges (ceiling).
IN LIGHT SUPPLY.....Apricots and plums (high), apples, bananas.
BEST VEGETABLE BUYS.....Spinach, rhubarb, tomatoes.
IN MODERATE SUPPLY.....Asparagus, carrots, yellow turnips, yellow crookneck
squash, green onions, cauliflower, cabbage.
IN LIGHT SUPPLY.....Good quality lettuce (ceiling), summer squash (just
arriving), early peas (season's closing), local
cucumbers (just arriving), green corn (high).

San Francisco

FRUIT IN MODERATE SUPPLY.....Apricots, cherries, early plums, early peaches, young
berries.
IN LIGHT SUPPLY.....Boysenberries (lower), cantaloups and watermelons.
BEST VEGETABLE BUYS.....Tomatoes, squash, peas, onions.
IN MODERATE SUPPLY.....Soft types of squash (slightly lower), potatoes
(slightly lower), celery and lettuce (slightly higher).
IN LIGHT SUPPLY.....Corn (lower), bananas and Hubbard squash, artichokes
(slightly higher), beans, cucumbers.

Los Angeles

BEST FRUIT BUYS.....Cherries
IN MODERATE SUPPLY.....Apricots, avocados, youngberries, boysenberries,
grapefruit, lemons, oranges, peaches.
IN LIGHT SUPPLY.....Apples, strawberries, cantaloups, plums, watermelons.
BEST VEGETABLE BUYS.....Tomatoes
IN MODERATE SUPPLY.....Asparagus, beets, chard, green onions, turnips,
cabbage, spinach, cauliflower, corn, lettuce,
potatoes, rhubarb, squash.
IN LIGHT SUPPLY.....Beans (ceiling), carrots (ceiling), celery, cucumbers,
eggplant, peas (ceiling), peppers, sweet potatoes.



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

June 23, 1945

IN THIS ISSUE

- THINKING OF YOUR SUGAR?.....There isn't as much as we thought there would be, but everyone will get a fair share of what there is.
- EGG SCRAMBLE.....Here are the reasons for the tight egg supply....
- SCARCE AS THEIR TEETH.....There will be more chickens at the meat counters in two or three months.
- SEEING ORANGE.....We'll be seeing more and more Valencia oranges, but they will be smaller sized ones than last year.
- FRESH NOTES ON A FRESH SUBJECT.....Results of some new research on cooking vegetables.
- WHO WILL HARVEST YOUR SWEETCORN?.....It will be either you or the corn earworms....but it isn't hard to get rid of the worms.
- FIT AND FINISH.....Now that vacation is here, the teen-agers may want to learn to sew.

War Food Administration
U. S. Department of Agriculture

Room 700
821 Market Street
San Francisco, California

THINKING OF YOUR SUGAR?

Sugar,....if not literally on the tongue these days...is certainly there figuratively speaking.

Homemakers who are not able to find sugar for household uses are really worried about extra supplies for home canning. The fact is, we are approaching the canning season with rock-bottom sugar inventories and with smaller supplies available from domestic and foreign crops,

But why will the amount of sugar distributed among civilians be smaller during June, July and August than in the two previous quarters of 1945? It seems that we used more sugar than was budgeted for the first half of the year. This is true both for use in the home, because of early cashing of coupons, and for industrial users.

War needs have also increased. There are millions of men in the services and longer supply lines to feed. Liberated peoples in Europe want to obtain sugar. Even though only the most urgent needs of these people can be met, their requirements increase a little the total demand on the short supplies available.

Then there's the all important matter of production. It's true that our beet sugar production is being stepped up, but there is still competition from other crops for the same acreage. Labor and financial returns are other limitations on sugar beet production. While in the years 1938-39 about 24 percent of our sugar was home grown, this year only about 21 percent of our sugar will be cane and beet sugar produced in this country. Puerto Rico supplies about 12 percent of our sugar and while average shipments are expected, a strike during the grinding season there has resulted in some loss of supplies. Hawaii will supply about 12 percent. The Phillipines, which used to furnish about 14 percent of our supply, sent us no sugar in 1944 and probably will not send any this year. More than half of our sugar comes from Cuba, and a drought there has reduced crop prospects by many thousand tons.

A fair share of available sugar for everyone

Because of smaller production, increased war demands and big home use, civilian supplies for the year, which were estimated at 5,400,000 tons last November, did not materialize. Our 1945 civilian supply as revised June 13, will be 5,092,000 tons. Quite a cut when you realize that civilians in this country consumed over 6,000,000 tons last year.

The result is that civilians will get a household ration this year of 15 pounds. That five pounds of sugar from stamp 36 will have to last from May 1 to September 1. The maximum home canning allowance was reduced to 15 pounds per applicant, and some home canners will average below that figure. Also, home canners may not be able to get all of their allotment at one time. Local rationing boards are required to limit the sugar they issue to 70 percent of the amount issued last year.

All industrial users will be affected too. With certain exceptions, they will be limited to 50 percent of the amount they used in the third quarter of 1941. Manufacturers of cereal products will get 60 percent of the amount they used in that quarter of 1941, and pharmaceuticals...with the exception of cough drops...will get 110 percent of their third quarter of 1941 use. Food processors will get less sugar per can or other unit of processed fruits and vegetables. While sugar supplies are low, everything is being done to see that all claimants get a fair share.

PEACHES 'N CANNING SUGAR

When you talk peaches - say canning specialists of the U.S. Department of Agriculture - spotlight: (1) Choice of ripe, fresh, firm fruit for canning; (2) gentle handling in washing and peeling the peaches; (3) sparing the sugar.

In brief, here's the peach sugar-canning formula. If the peaches are juicy, add sugar - half cup to each quart of uncooked peaches. Then heat the peaches to boiling and pack in their own juice. When the fruit is less juicy, drop the peaches into thin to medium sirup, boiling hot, and just heat through. To make that moderately thin sirup, use 1 cup of sugar to 2 cups of either water or peach juice - made by crushing, heating and straining sound peaches too soft for canning.

To stretch canning sugar, corn sirup may replace up to one-third the sugar; mild-flavored honey up to one-half. If it is necessary to can without sugar, cook the fruit in its own juice, or add just enough water to keep it from sticking to the pan.

EGG SCRAMBLE

Homemakers who count on always being able to prepare an egg dish if meat, fish and poultry supplies are low on their markets, certainly prove they know a good protein food. Now, when many grocers are limiting purchases of eggs to a dozen or half-dozen per customer, homemakers are concerned about the future of their stand-by egg dish. The current limitations are all the more puzzling when homemakers remember that eggs were on the surplus food list last spring and summer.

In an egg shell, here are the reasons for the tight supply. The number of eggs produced so far this year is a bit down from last year's record. Military needs are increasing, though lend-lease requirements are down. But the real cause for the pinch is that civilians are buying eggs at an abnormally high rate due to shortages of other protein foods...chiefly meat.

While production is down from last year, there is still a way-above-average supply of eggs. For some figures to prove this point...about 126 million cases of eggs were available to civilians last year...after all non-civilian claims were filled. In 1945, the civilian supply will equal some 132 million cases. This figure is partly supplemented by the storage and dried eggs held over from last year. You can see from this that civilian supplies are up about 5 percent over last year. While this is an all-time high, it still does not match demand which has boomed 12 percent so far this year. Eggs just haven't been able to bear the demands passed on from other protein foods.

Here are some other figures of interest. On a per capita sharing basis, the average civilian could buy 366 eggs this year...15 more per person than was used last year. You'll notice the yearly share adds up to about an egg a day. But we're not spreading our demands over the year evenly. During the first half of 1945, civilians will probably have eaten about 205 eggs each. Looking at the total available and the per capita share for the year, this means that about 161 eggs are left for the remaining six months. In other words, we're using up some supplies that ordinarily go into storage in the flush period for use in the winter months. Never since 1916...when first cold storage figures were kept for eggs...were holdings as low. So when the flush season passes...from July on...and we depend some on storage eggs, civilian purchases will necessarily have to return somewhere in line with the 366 eggs available per person for the year.

SCARCE AS THEIR TEETH

When will there be more chicken at the meat counters of the nation? Not for two or three months yet...especially in the larger cities.

Farmers will start selling fryers in increased quantities during July, but a large part of these chickens will go to the Armed Forces to fill urgent demands. In August and September there will be a noticeable improvement in the supply. During these months marketings increase seasonally, and when military demands can be filled more easily, there will be additional chicken for civilians.

At present, farmers are doing all they can to provide more chicken for meat purposes. The number of chicks hatched during May was the second highest on record for that month. These chickens will be marketed in September and later. Then the number of eggs set in May was 60 percent larger than in May a year ago. These eggs will hatch in June and supply the chickens for holiday eating. And it looks now as though farmers will keep on hatching as many chicks as possible because of the firm chicken and egg markets.

Turkey producers are also out-stripping their past efforts. Even after large military orders are filled, civilians should be able to eat more turkey this winter than ever before.

SEEING ORANGE

The June 2 issue of Round-Up carried a story about the very favorable crop of California Valencia oranges that would be marketed this year. Maybe you've had difficulty obtaining oranges at your local produce stand, and wonder where those supposedly abundant oranges are.

The record crop of Valencias will reach the market when certain difficulties are overcome. In the first place, the Valencias in southern California have matured very irregularly. Up to this time, shipments have been smaller than expected. What with the Florida oranges just about all marketed for this season, and fewer shipments from California, there were not enough oranges to meet the big demand.

Along with this condition there were not enough workers to pick and load the crop. The situation was further complicated because early crop potatoes and cantaloupes from California were competing for the available refrigerator car space.

More, but smaller oranges than last year

More labor is now available in the orchards and packing plants as school children supplement adult labor. The slack will gradually be taken up, but it'll be a little time until an adequate supply of oranges appears on all markets. It's well to point out to your listeners that there's usually a two-week lag from the time oranges leave the shipping points until they reach produce stands across the country.

The California Valencia crop is estimated to be 6 million boxes larger than that of last summer, so the summer outlook for oranges is good. But stress again in your broadcasts that practically all of these oranges will be the smaller sizesthough they are just as juicy on a pound per pound basis as the larger oranges.

FRESH NOTES ON A FRESH SUBJECT

With garden produce beginning to come in, your listeners should welcome the latest and best information on cooking fresh vegetables. State experiment stations and the United States Department of Agriculture are carrying on a whole chain of studies on cooking fresh vegetables. The already established rules... speeding vegetables from the garden to the kettle with as little peeling and chopping as possible; a minimum of cooking water; quick cooking and immediate serving...still hold.

Cooking with the lid on or off is one of the points with which research workers have experimented. They've partly disproved the old theory of cooking with the lid off to let volatile acids escape. It seems that a cover on the pan helps the vegetables to cook faster. And the more study that's done, the more evident it becomes that vegetables should be cooked quickly to save food value and generally to hold the original color.

Another point the research workers have uncovered, also in connection with fast cooking, is about the addition of soda to cooking water. It was strictly "not done". But they say, with certain vegetables, garden peas, for instance, a very tiny bit of soda - if you take care to keep it tiny enough -- can help. It neutralizes acid in the cooking water and helps the peas to cook a great deal faster. For a pound and a half of peas, that very little bit of soda is just about as much soda as can go on the tip of a teaspoon. More soda makes an alkaline cooking liquid. And if vegetables are cooked long in an alkaline solution, their vitamins are destroyed.

WHO WILL HARVEST YOUR SWEETCORN?

Most everyone agrees that there's just nothing like the flavor of fresh young corn picked when the dew is still on the silks. And perhaps that's why sweetcorn is one of the favorite Victory Garden crops....a favorite with gardener and the corn earworm alike. In fact, the corn earworm often takes it upon himself to harvest your corn long before you think it's quite ready for the family dinner table.

Protection of those valuable rows of Victory Garden corn against the earworm is not particularly difficult. But good timing and careful work are needed to get good results, according to Victory Garden Headquarters at the U.S. Department of Agriculture.

Federal entomologists advise the use of a medicinal mineral oil...or better yet, a commercially prepared oil with another insecticide added to make it more effective in killing the worms. A medicine dropper or an oilcan is convenient for applying the oil to the corn silks, and the dose is about one-fourth of a teaspoon, or 20 drops.

Timing should be exact...wait at least three days after the silks first appear at the tip of the ear. Then the oil should be applied. This allows time for the fertilization of the ear. After about three days, the silks should be wilted and the tips beginning to turn brown. With the dropper or oilcan, place a dose of oil in the silk, about a quarter of an inch into the silk mass, inside the tip of the husk.

FIT AND FINISH

At a recent 4-H Club fashion show, an extension clothing specialist of the U.S. Department of Agriculture jotted down some notes that will be of special interest to the Junior Miss - in your listening audience - who's trying her hand at home sewing this summer.

"Fit and finish are the secrets of success in sewing. A girl's off to a good start when she buys a pattern that fits not only her size but also her type, which may be Junior Miss, Teen-Age, Misses or Women's. Impression of a dress is likely to begin with the neckline. All the more reason the neckline should fit well and be nicely finished. Other critical spots in fitting are the shoulders, the sleeves, the bust and the waistline. Darts can make a big difference in the fit. The trick to a well-finished dart is to taper it off gradually at the point and to finish the end carefully so the dart won't work open. Unlike love, the hem has no need to be so deep as a well. And finally, there's nothing like a good press - a continuous press as the dress is being made and a thorough press from neckline to hem, from back to front and back again - to give a homemade dress a couturiere (koo-tu-ryar') finish."

If the young seamstresses in your listening audience would like more pointers on home sewing, a bulletin they will find useful is called "Fitting Dresses." A copy may be obtained free of charge from the Office of Information, U.S. Department of Agriculture, Washington 25, D. C.

FLOSS FINALE

In case you've wondered what happened to the milkweed floss collection you helped promote last year...the U.S. Department of Agriculture reports the job was done so well it will not be necessary to repeat it. Boys and girls in 31 states and Canada collected more than 2 million bags of pods. This will yield approximately 1,650,000 pounds of floss, which is enough to meet government needs for this material. So the message on milkweed floss is that there will be no collection this year.

FOOD NOTES FROM FAR AND NEAR

WATERMELONS.....The watermelon, a member of the gourd family, is native to tropical and southern Africa, where it has been cultivated since ancient times.

We know that the Egyptians were cultivating watermelons in ancient times, because they are depicted in paintings dated in the times of the Pyramids.

In Africa, appreciation of the watermelon is not confined to the natives. Elephants, lions and other wild animals enjoy them whenever possible.

PLUMS.....A writer in the early 18th century said that "prune" was a good word because it gave a pretty form to the lips. This statement started a fad, and every lady drew her mouth up as if she were going to pronounce the letter "P".

THE MILK FLOW

Your listeners have been hearing that this is the time of the year when milk is flowing more freely than usual...it's the season for heavy milk production. So maybe they'd like to know just how the milk is channeled into its various outlets.

Here's how a hundred quarts of milk is divided:

43 1/2 quarts are sold as fluid milk and cream
29 1/2 quarts are made into butter
10 1/2 quarts are made into cheese
9 1/4 quarts are processed for evaporated milk
5 1/4 quarts go for ice cream
2 quarts are processed for dried milk

DON'T LEAVE OUT THE LEFT-OVERS

Everyone knows that it's an actual crime to waste food these days. But some of your listeners may not know just how to make the most of their left-overs, serving them attractively and making them an enjoyable part of the meal. So here are some pointers you may want to give them on saving money as well as food.

Keep flour, dry beans and cereals in tightly covered containers to keep out moisture and insects.

Sort potatoes, apples, citrus fruits and onions often.

Put left-over cooked vegetables such as peas, asparagus, broccoli, carrots, cauliflower, etc., into a salad, or use them in cream-of-vegetable soups.

For left-over cooked cereals, such as rolled oats, try adding brown sugar, raisins or cooked prunes, nuts and milk. Bake and serve hot with lemon sauce for a pudding dessert.

Serve left-over gingerbread with hot lemon sauce; left-over cake with caramel, lemon, or grapefruit sauce. Use cake crumbs or bread crumbs in puddings such as apple betty.

Always arrange as good storage space as possible, and keep perishables cold and clean.

SAVE A TIN AND TURN IT IN

Every drop of used kitchen fat is urgently needed. One of the many uses for fats is the manufacture of soap. It takes one pound of fats to make six bars of soap. And every fighting man gets 15 bars of soap a month. Need we say more?

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT

DON'T WASTE FOOD

CONSERVE PAPER BAGS AND CARTONS

KEEP A VICTORY GARDEN

CAN ALL YOU CAN

USE RATION POINTS WISELY

USE ABUNDANT FOODS OFTEN

TURN IN ALL GLASS MILK BOTTLES

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Royal apricots, Beauty plums
IN MODERATE SUPPLY.....Cherries, Valencia oranges, lemons, summer avocados,
early peaches
IN LIGHT SUPPLY.....Old crop apples, navel oranges, grapefruit (ceiling),
strawberries, youngberries and boysenberries (higher),
watermelons, honeydew and honeyball melons
BEST VEGETABLE BUYS....Tomatoes, white summer, yellow crookneck and Italian
squash
IN MODERATE SUPPLY.....Celery (high), corn (lower), cabbage, onions, lettuce
(ceiling), potatoes (ceiling), rhubarb, bunched vegetables
IN LIGHT SUPPLY.....Cauliflower (slightly higher), cucumbers, eggplant,
beans (ceiling), peas (best at ceiling), peppers (high),
asparagus, carrots, sweet potatoes
AVAILABLE FOR CANNING..Royal apricots

San Francisco

BEST FRUIT BUYS.....Apricots, plums and peaches
IN MODERATE SUPPLY.....Nectarines, cherries, oranges, grapefruit, lemons
IN LIGHT SUPPLY.....Early apples, Black Mission figs, early pears, cantaloups,
watermelons, currants, gooseberries
BEST VEGETABLE BUYS....Tomatoes, squash
IN MODERATE SUPPLY.....Green corn (slightly lower), artichokes, celery, peas,
onions, potatoes, asparagus
IN LIGHT SUPPLY.....Cucumbers, beans

Portland

FRUIT IN MODERATE
SUPPLY.....Northwest cherries (ceiling), Texas watermelons (ceiling),
small size oranges
IN LIGHT SUPPLY.....Apples, California apricots, peaches and plums
VEGETABLES IN MODERATE
SUPPLY.....Local lettuce, tomatoes, carrots, turnips, beets, greens
IN LIGHT SUPPLY.....Asparagus (season closing), peas
AVAILABLE FOR CANNING..Northwest cherries

Seattle

BEST FRUIT BUYS.....California apricots
IN MODERATE SUPPLY.....Cherries, grapefruit, lemons, small size oranges
IN LIGHT SUPPLY.....Washington apples (ceiling), avocados (high)
BEST VEGETABLE BUYS....Cauliflower, lettuce, small-size California white potatoes
IN MODERATE SUPPLY.....Asparagus, cabbage, celery (higher), spinach (higher),
green onions, beets, carrots, onions, rhubarb, tomatoes
IN LIGHT SUPPLY.....Green peas, eggplant, peppers

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U.S. DEPARTMENT OF AGRICULTURE



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

JUNE 30, 1945

I N T H I S I S S U E

- ASIDES ON MEAT.....The new meat supplies for civilians.
- FREEZING THE G.I. MILK DRINK.....Fresh milk is what the boys overseas miss....
and by a new freezing process, our soldiers
on hospital ships will have fresh milk.
- CHICKEN AT THE GOAL LINE.....The Armed Forces aren't taking quite so much
chicken from the major producing areas.
- FOR TWO.....There's a new bulletin out on cooking for
two, which the new brides in your listening
audience will find helpful.
- IN TALL GLASSES.....This year, we'll have almost as much tea
as we had before the war, but it will all
be black tea.
- PACK UP YOUR OWN KIT.....Home canning of fruits and vegetables is one
of the most important contributions we can
make, both for our own benefit, and for the
benefit of the national food supply.
- SITUATION ALMOST NORMAL.....Notes on the supply of water-bath canners
and pressure canners.

War Food Administration
U. S. Department of Agriculture

Room 700
821 Market Street
San Francisco, Calif.

ASIDES ON MEAT

After July 1, Federally inspected slaughterers...those who can ship meat over state lines...have been allowed to reduce the amount of meat they are required to set aside for military and other government needs. This means more of the currently marketed meat will be available for civilians.

These reductions were possible because military and other government purchases of meat were high during the period when more cattle were marketed. Now, during the season when meat production is lower, their purchases are curtailed to make a more even distribution of this food to civilians.

About half of the Good, Choice, and Commercial cuts of beef were formerly set aside for government needs. Under the amended War Food Order only 30 percent of these cuts will now be set aside. The set-aside regulation applicable to Utility, Canner and Cutter grades of beef will be reduced from 75 percent to 65 percent. The veal take has been reduced from 35 to 30 percent, and lamb from 20 to 15 percent. The quantity of bacon to be set aside for government claimants has also been cut by about 20 percent.

FREEZING THE G.I. MILK DRINK

Fresh milk? That's one of the first food requests our service men make on returning to the United States.

Many of our wounded service men are getting their first taste of fresh milk a bit before they return to the homeland...thanks to the development of a new frozen milk. Under this new method, fresh, high quality, whole milk is quickly frozen at a very low temperature and held at a low temperature until it is needed. Usually this frozen product is shipped in quart or half-pint paper containers. When it is thawed out it has the natural appearance, flavor and taste of the original product. There is no separation of the butterfat and the bacterial count remains low.

Before the quick frozen whole milk was developed, hospital ships, as well as overseas troops were dependent on milk made from dried whole milk powder. While the dried milk had all the food values of fresh fluid milk, the frozen milk seems to approach more nearly the taste of the original product.

CHICKEN AT THE GOAL LINE

The Armed Forces are making slight seasonal reductions in the amount of chickens they buy from major commercial broiler areas. These broiler areas...which have the type of poultry most desired by the Armed Forces for export...are located in the Atlantic Coast states and in Arkansas, Oklahoma and Missouri.

Since last December the Armed Forces have been buying most all of the chickens marketed in these areas under a War Food Administration set-aside order. Under the modified order, all poultry marketed in these areas will still be processed in accordance with army specifications. Then the army will take 70 percent of an established goal...the goal being based on production in a 40-hour week. Any chicken processed above the goal may be released by the War Food Administration to the processor for sale to civilians. Processors are being requested to give preference to civilian hospitals.

FOR TWO

As entrepreneur of a small new business, the June bride in your listening audience welcomes information on what makes the wheels go round in a well-run home. One of her big problems is learning how to shop and cook for two so that she and her husband have well-balanced meals at a price they can afford to pay. As every smart homemaker knows...meal planning is both an art and a science. It involves knowledge of the foods we need, and how to buy and prepare them wisely.

To help the bride and all of those who cook for two, nutritionists of the U.S. Department of Agriculture have prepared a folder called "Food For Two". Told in the story of a typical young couple, the folder shows how meals may be planned so that they are nutritious, varied and at reasonable cost. There's a check list of the kinds of food needed for energy and good health. And there are tips for wise shopping and for making use of leftovers.

As a special service to directors of women's programs, we have a free copy of "Food For Two" for you at our regional office. Just write and request your bulletin from the War Food Administration, Office of Marketing Services, 821 Market Street, Room 700, San Francisco 3, California.

Since our regional office supply is limited, tell your listeners they may obtain a copy of "Food For Two" free of charge by writing to the Office of Information, U.S. Department of Agriculture, Washington 25, D. C.

IN TALL GLASSES

With the arrival of summer, tea becomes a refresher note in the menu of more people. On a year-round basis, the heaviest per capita tea consuming areas are in New England around Boston, and in the Midwest around Chicago. The other sections of our country step up their demands during the summer in the form of iced tea.

While we're not quite the tea drinking nation that Great Britain is, the use of tea in this country had been progressively increasing until the war and our total tea order is large. Last year we drank about 72 million pounds of tea. Enthusiasts of this beverage will be glad to know that the 1945 supply for civilians will be about 85 million pounds...fairly near the pre-war demand...though it will all be black tea.

You get some idea of the amount of tea we drink when you realize that the contents of the familiar one-fourth pound package of loose tea make about 50 cups of hot tea. The use of tea packed in individual bags is becoming increasingly popular because of the convenience in serving. And in this form probably there is a saving because the measurement is more exact.

Of course, our tea imports were larger before the war. Prior to the attack on Pearl Harbor we got tea from India, Ceylon, Java, Sumatra, China, Formosa and even Japan. Our only two sources during the war have been India and Ceylon. With practically all the United and neutral Nations depending on these two countries, it was necessary, through the combined food board, to divide tea on an international basis. The War Food Administration early in the war took steps to assure fair distribution of the limited supply in this country. Tea packers were given quotas restricting their deliveries to a certain percentage of their 1941 deliveries. Due to an improved supply, the War Food Administration, in January of this year, suspended these quota restrictions on the flow of tea from packers to wholesalers.

PACK UP YOUR OWN KIT

The commercial pack of fruits and vegetables will not be sufficient to meet all needs despite the fact the army is reducing its anticipated requirements. These reductions of course, will mean more canned fruits and vegetables for civilians than would otherwise have been available, but every effort should be continued to conserve food and prevent waste.

This year all processed red sour cherries will go to the Armed Forces. Civilian will also get a smaller share from the 1945 pack of applesauce, plums and apricots than they did last year. In the vegetable line, civilians will get less processed sweet corn, sauerkraut, and pumpkin. And they will get only about the same amount of canned asparagus, peas, spinach and lima beans as from the 1944 pack.

So you see, if the homemaker wants variety and more complete supplies this coming winter, she'll take advantage of fresh produce available at her local market or from her Victory garden and do some home-canning.

SITUATION ALMOST NORMAL

So that you can keep your listeners posted on the home canning equipment supply, here are some pertinent comments from a survey made recently by the extension food preservation specialist of the U.S. Department of Agriculture.

(1) Because pressure canners are being purchased about as rapidly as the dealers receive them it may appear they are not coming to the market at all, but the WPB reports the production (630,000 pressure canners were authorized for 1945) is only slightly below schedule; (2) lack of steel has slowed up the output of water bath canners, but some companies have equipped galvanized wash boilers with racks so they can be used for canning purposes; (3) Although both jar rings and closures are expected to be available in adequate amounts, there likely will be no more zinc caps than were on the market last year; (4) because of labor shortages, factories won't be able to go into capacity production of half-pint jars, even though restrictions have been lifted on the sizes of glass jars that may be made.

Just one more canning equipment note. Remind home canners that the success of their product will depend in part on an accurate pressure canner gauge. If they have not had the gauge checked this year, or if they have reason to believe it is inaccurate, they should, by all means, have the pressure canner gauge checked.

FOOD NOTES FROM FAR AND NEAR

TOMATOES.....It is said that Sir Walter Raleigh gave a tomato plant in full fruit to Queen Elizabeth as a token of his admiration, and after that it became quite common for people to give such gifts.

PEACHES.....In no other part of the world is the peach so largely grown as a commercial product as in the peach regions of the United States. The peach industry ranks second to the apple in the fruit industry of the United States.

CANNING CAUTIONS

Observance of national farm safety week has been set for July 22-28. It will be a good time to talk about guarding against accidents in home canning. Here are some suggestions from canning specialists of the U. S. Department of Agriculture.

Number one peril in home preservation is oven canning...a method which has been thoroughly discredited, first because it is dangerous, and second because food put up that way may not keep. So warn your listeners against oven canning.

The smart home canner takes precautions to prevent accidents. For example, she inspects the jars carefully for cracks and other defects before she begins canning. She arranges the kitchen and her canning work so that she doesn't need to carry hot jars very far and take the risk of having them explode in her hands. If it is necessary to move the jars while they are still hot, she places them in a pan.

When she uses the pressure canner, the careful homemaker slides the canner instead of trying to lift it away from the heat. She lets the pressure go to zero and then opens the petcock slowly to let the steam out. When she opens the canner, she tilts the lid so that it acts as a shield and protects her face from steam burns.

WHICH IS WHICH?

All canning instructions contain the mention of acid and non-acid foods... and go further to state that acid foods may be processed in a boiling-water bath, but non-acid foods should be processed in a pressure canner.

Just in case some of your listeners are new at the home canning business, you might like to tell them which foods - the acid foods - may be processed in the hot water bath method, and which need pressure canner processing.

Tomatoes, pickled beets, ripe pimientos and rhubarb are the acid foods, and are processed at or near the temperature of boiling water (212 degrees F.) in a boiling-water bath canner, or in a steamer without pressure.

The non-acid foods include all other vegetables, such as asparagus, peas, beans, corn, and also meats and poultry. The addition of small quantities of an acid, such as vinegar or lemon juice to a non-acid vegetable or meat does not change the acidity of the food enough to permit processing in the boiling-water bath. This can be done only if enough acid is added to pickle the food.

HOW TO MAKE YOUR FOOD FIGHT FOR FREEDOM

SAVE USED KITCHEN FAT

DON'T WASTE FOOD

CONSERVE PAPER BAGS AND CARTONS

KEEP A VICTORY GARDEN

CAN ALL YOU CAN

USE RATION POINTS WISELY

USE ABUNDANT FOODS OFTEN

TURN IN ALL GLASS MILK BOTTLES

DON'T BUY ON THE BLACK MARKET

Seeds of leeks were carried to Britain by the Roman invaders, as one of their indispensable foods and medicines. The herb must have been very common in South Britain by the beginning of the Sixth Century, for today, every Welshman wears a leek in his hat on St. David's Day, and tradition says that the custom goes back to the time of King Arthur.

MARKET PANORAMA

Los Angeles

BEST FRUIT BUYS.....Apricots (slightly lower)
 IN MODERATE SUPPLY.....Nectarines (lower) early peaches, cantaloups (slightly lower),
 Boysenberries (slightly lower), oranges, lemons, watermelons,
 plums, figs.
 IN LIGHT SUPPLY.....Grapefruit (ceiling), early apples (ceiling), cherries, straw-
 berries, red raspberries (ceiling), avocados (high), seed-
 less grapes, pears
 BEST VEGETABLE BUYS.....Tomatoes, squash (white summer, Italian and yellow crookneck)
 IN MODERATE SUPPLY.....Celery, cabbage (lower), corn (lower), Kern County potatoes
 (ceiling), onions (fairly high), bunched vegetables (green
 onions higher), eggplant (slightly lower), rhubarb (reasonable)
 IN LIGHT SUPPLY.....Cauliflower, carrots, asparagus, peppers (high), peas
 (ceiling), cucumbers, beans (ceiling)

San Francisco

BEST FRUIT BUYS.....Apricots, nectarines, peaches, plums
 IN MODERATE SUPPLY.....Cherries (season ending), cantaloups, black figs (slightly
 lower), oranges, lemons, loganberries (lower), grapefruit
 IN LIGHT SUPPLY.....Watermelons, honeyballs and honeydews, pears
 BEST VEGETABLE BUY.....Tomatoes
 IN MODERATE SUPPLY.....Squash, celery, cabbage, corn (lower), potatoes, onions,
 lettuce
 IN LIGHT SUPPLY.....Beans, eggplant and peppers (ceiling), carrots, cauliflower

Portland

BEST FRUIT BUY.....Cherries (ceiling)
 IN MODERATE SUPPLY.....Gooseberries
 IN LIGHT SUPPLY.....Citrus fruits, berries, new crop apples
 VEGETABLES IN MODERATE
 SUPPLY.....Local lettuce and cabbage, onions, local radishes, cucumbers,
 squash, cauliflower, celery
 IN LIGHT SUPPLY.....Spinach, green onions, carrots, peas (ceiling), asparagus,
 potatoes

Seattle

BEST FRUIT BUYS.....Washington Bing cherries
 IN MODERATE SUPPLY.....Watermelons, apricots, plums
 IN LIGHT SUPPLY.....Grapefruit and oranges, California cantaloups, new crop
 California apples seedless grapes, honeyballs (ceiling),
 nectarines (ceiling)
 BEST VEGETABLE BUY.....Homegrown cauliflower and lettuce, zucchini and yellow
 squash, tomatoes
 IN MODERATE SUPPLY.....Local cabbage, onions, California corn (fairly high),
 California potatoes (ceiling), bunched vegetables
 IN LIGHT SUPPLY.....Carrots, celery, asparagus (season nearly ended), green
 beans (ceiling)